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Tuesday



Police secure the Colorado Capitol on Monday.

Colo. Shooting: Gunman is killed outside governor's office | 4

Walking Tall: Chimp study may yield link to bipedalism | 6

**Building Blocks:**
Nats look to develop homegrown talent for success | 19

ENTERTAINMENT

Put Bluntly:

James Blunt dishes on the making of his new album. Plus, political writer Dave Zirin talks sports.

>> 11-14



Weather >> Partly Sunny



94 | 74

FULL FORECAST ON PAGE 34



Strong Quake Rocks Japan, Kills 9

BROKEN ROAD: A highway is cut off following a powerful earthquake in Nagaoka, Japan, on Monday. The 6.8-magnitude temblor rocked Japan's northwest coast, killing at least nine people and injuring more than 900 others. Hundreds of homes were destroyed, and tens of thousands of residences were left without power. ♣ **Radioactive spill:** Quake sets off fire at nuclear plant | Page 8

Gun Ban Bound for Top Court

D.C. will ask Supreme Court to rule on handgun measure

WASHINGTON | District of Columbia officials said Monday they will ask the Supreme Court to preserve the city's 30-year-old ban on private ownership of handguns after a lower court struck down the law earlier this year.

If it chooses to take the case, the high court could end its long silence on the scope of individual gun rights under the Second Amendment, a prospect welcomed by both sides of the gun debate.

A federal appeals court panel overturned the ban in March, concluding that the city's broad gun law was unconstitutional. In deciding to fight that ruling, Mayor Adrian Fenty said public safety was paramount in a city plagued by gun violence even after the law was enacted in 1976.

"The handgun ban in the District of Columbia has saved many lives since then and will continue to do so if it remains enforced," he said.

It is unclear if the Supreme Court will take the case. The high court has not directly ruled on the Second Amendment in nearly 70 years. If the court rules against the District, it could affect tough gun laws in other cities and states.

D.C.'s gun law bars residents from keeping handguns in their homes and prohibits the carrying of a gun without a license. (AP)



Fenty

TIPS | Best Patrons Ever The personal touch earned a waitress a \$10,000 tip. Jessica Osborne, 20, received the gift from a family of regulars at a Pizza Hut in Angola, Ind. The family stopped in recently and chatted with their usual waitress



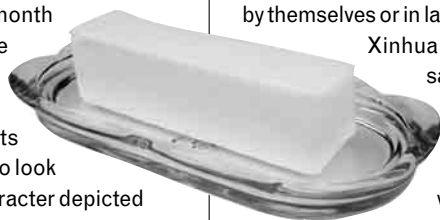
about their lives. Osborne told them she had dropped out of college twice because she didn't have enough money. The family returned last week and gave Osborne a check with money from an education fund they had set up. (AP) **EyeOpeners** | Page 2

eyeOpeners

PREDICTABLE

Even Sybill Trelawney Could See This Coming

Sarah Pratt is a wiz with butter. Just ask her next subject, Harry Potter. Just in time for the new movie and book, the character's likeness will be carved in the stuff and placed in a refrigerated glass case next month at the Iowa State Fair, next to the traditional butter cow. Pratt expects her dairy Potter to look more like the character depicted on the book covers than Daniel Radcliffe, who plays the boy wizard in the movies. The butter cow is a state fair tradition, and it's typically accompanied by a more topical, pop-culture-theme sculpture. Last year, Pratt crafted a butter Superman when Iowan Brandon Routh starred in the newest version of the film. (AP)



DANCING

And the Nerds Rejoiced

Chinese educators are toning down plans to teach students to waltz after parents said they worried about puppy love and falling grades, local media reported Monday. The revised dance steps allow students to dance by themselves or in large groups, the Xinhua News Agency said. "They don't have to dance with specific partners, which will be more easily accepted by both students and their parents," said Yin Guochen, an official with the State General Administration of Sports. Concerns that students would "fall in love and lose track of exam results" already have pushed back plans to introduce dancing from September to the end of the year. (AP)



BILL KEOGH/FLORIDA KEYS NEWS BUREAU/AP

UNDER THE SEA

Sing With the Fishes

More than 500 scuba divers and snorkelers listened to a local radio station's four-hour broadcast Saturday that was piped into the sea in the Florida Keys National Marine Sanctuary. Musical selections at the annual Underwater Music Festival included the Beatles' "Yellow Submarine" and Jimmy Buffett's "Fins." Opera even was added to the program this year. Some divers wore costumes and imitated musicians such as Sonny and Cher — depicted above by Bob Rowand and Sarah Brunner. (AP)



Beneath a layer of bananas and peanut butter was this striking likeness of Elvis.

ELVIS

The Jailhouse Rock

You can't think about rock without thinking about Elvis Presley. Rock collector LaDell Alexander, 60, has found a stone she swears has the face of Elvis on it. A pattern on the rock resembles a head with dark hair and Elvis' trademark mut-tonchops. Alexander didn't notice the pattern until she cleaned rocks she'd found last summer before decorating her yard. She plans to sell the rock on eBay and donate the proceeds to one of Presley's foundations. (AP)



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SNEAKY SNAKE: A boa constrictor more than 5 feet long slithered out of the engine of Scott Naylor's SUV when he stopped for gas in Pennsylvania on Friday. Naylor told police the snake wasn't his and that he had no clue it was in his vehicle.

Nation



Sen. Harry Reid, D-Nev., wants to force an all-night debate on the Iraq war.

Dems Vow Nightlong Iraq Debate

WASHINGTON | The Senate this week will pull its first all-night debate on the Iraq war in advance of a vote on whether to bring home all combat troops by next spring, Democrats said Monday.

The rare, round-the-clock session Tuesday night through Wednesday morning is intended to bait Republicans into an exhaustive debate on the politically unpopular war, as well as punish GOP members for routinely blocking anti-war legislation.

"We're not going to let everybody go home and have a good night's rest," said Democratic Majority Leader Harry Reid of Nevada.

Republicans shrugged off the planned marathon debate as political theater. Minority Leader Mitch McConnell, R-Ky., said GOP senators are "happy to stay and debate this." ANNE FLAHERTY (AP)

Judge Approves Abuse Settlement

L.A. archdiocese must pay \$660M to alleged clergy abuse victims

LOS ANGELES | Sobs and a moment of silence for those who died during years of negotiations punctuated a Monday hearing at which a judge accepted a \$660 million settlement between the Roman Catholic Archdiocese of Los Angeles and alleged victims of clergy sex abuse.

"This is the right result," said Los Angeles County Superior Court Judge Haley Fromholz.

The settlement is by far the largest payout by any diocese since the clergy abuse scandal emerged in Boston in 2002. Individual payouts will vary according to the severity of each case.

Ray Boucher, the lead plaintiffs' attorney, asked his clients to stand during the hearing and thanked them for their resolve,



Plaintiff Mike Gallegos, an alleged victim of clergy abuse, shows his wrist scarred by past suicide attempts outside of Los Angeles Superior Court on Monday.

before breaking down in tears.

"It's their courage and commitment that made this possible, and

I think they deserve a tremendous debt of gratitude," he said.

"I know it's hard for most of the

victims whose scars are very deep ... and I know many will never forgive the cardinal," he said. "But he took steps that I think that only he could take, and if left to the lawyers and others in the church, he would not have settled this case."

The attorney for the archdiocese, Michael Hennigan, also appeared emotional as he told the court that his views of clergy sexual abuse changed dramatically during the years he spent trying to hammer out an agreement. He said private meetings with 70 of the plaintiffs made the most impact.

"It changed us all, and it changed our perspective on what's happened here," he said.

"I'd like to say that the church would have been reformed without these cases, but I don't know that's true," he said. "These cases have forever reformed the Archdiocese of Los Angeles. It will never be the same." GILLIAN FLACCUS (AP)

Pace: More Iraq Troops a Possibility

General says military needs to be ready for all possible scenarios

The U.S. military is weighing new directions for Iraq, including an even bigger troop buildup if President Bush thinks his "surge" strategy needs a further boost, the chairman of the Joint Chiefs of Staff said

on Monday.

U.S. Marine Gen. Peter Pace revealed that he and the chiefs of the Army, Marine Corps, Navy and Air Force are developing their own assessment of the situation in Iraq to be presented to Bush



Pace

in September. That will be separate from the highly anticipated report to Congress that month by Gen. David Petraeus, the top commander for Iraq.

The Joint Chiefs are considering a range of actions, including another troop buildup, Pace said without making any predictions. He called it prudent planning to enable the services to be ready for

Bush's decision.

The military must "be prepared for whatever it's going to look like two months from now," Pace said.

"That way, if we need to plus up or come down" in numbers of troops in Iraq, the details will have been studied, he said.

There are now about 158,000 U.S. troops in Iraq, reflecting a boost of about 30,000 to carry out the new strategy Bush announced in January for increasing security in the country. (AP)

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Nation



JOYRIDER: Police in Grandview, Ill., are trying to figure out who drove a stolen garbage truck on a rampage through the town. The truck demolished fences, smashed three cars, knocked over a utility pole and uprooted a large tree before it was abandoned.

Man Fatally Shot in Colorado Capitol

Gunman told guard he was going to take over state government

DENVER | A man carrying a gun and declaring "I am the emperor" was fatally shot Monday outside the offices of Gov. Bill Ritter by a security officer, a spokesman said. Ritter was not injured.

The unidentified man refused orders to drop his gun, spokesman Evan Dreyer said. Four or five shots were heard, but authorities would not say how many times the security officer fired.

The man did not fire his weapon, police spokesman Sonny Jackson said.

Before he was shot, the gunman said, "I am the emperor, and I'm here to take over state govern-



Police pass the body of a man on the first floor of the Capitol in Denver. The man was killed after he refused to drop his gun in a confrontation with a security guard.

ment," Dreyer said.

The shooting occurred in a hall outside the governor's offices on the first floor of the Capitol. Dreyer said Ritter was in the Capitol at the time but would not say where.

"The governor is fine," Dreyer said. "Everybody is a bit rattled."

Investigators did not know the man's name or his motive, Jackson said. He declined to discuss the gunman's statement but said it was considered threatening at the time.

An hour after the shooting, state troopers and police — some carrying automatic weapons — ordered the Capitol evacuated and began a room-by-room search. Police did not say whether the search was a precaution or whether they had reason to believe someone else was involved. STEVEN K. PAULSON (AP)

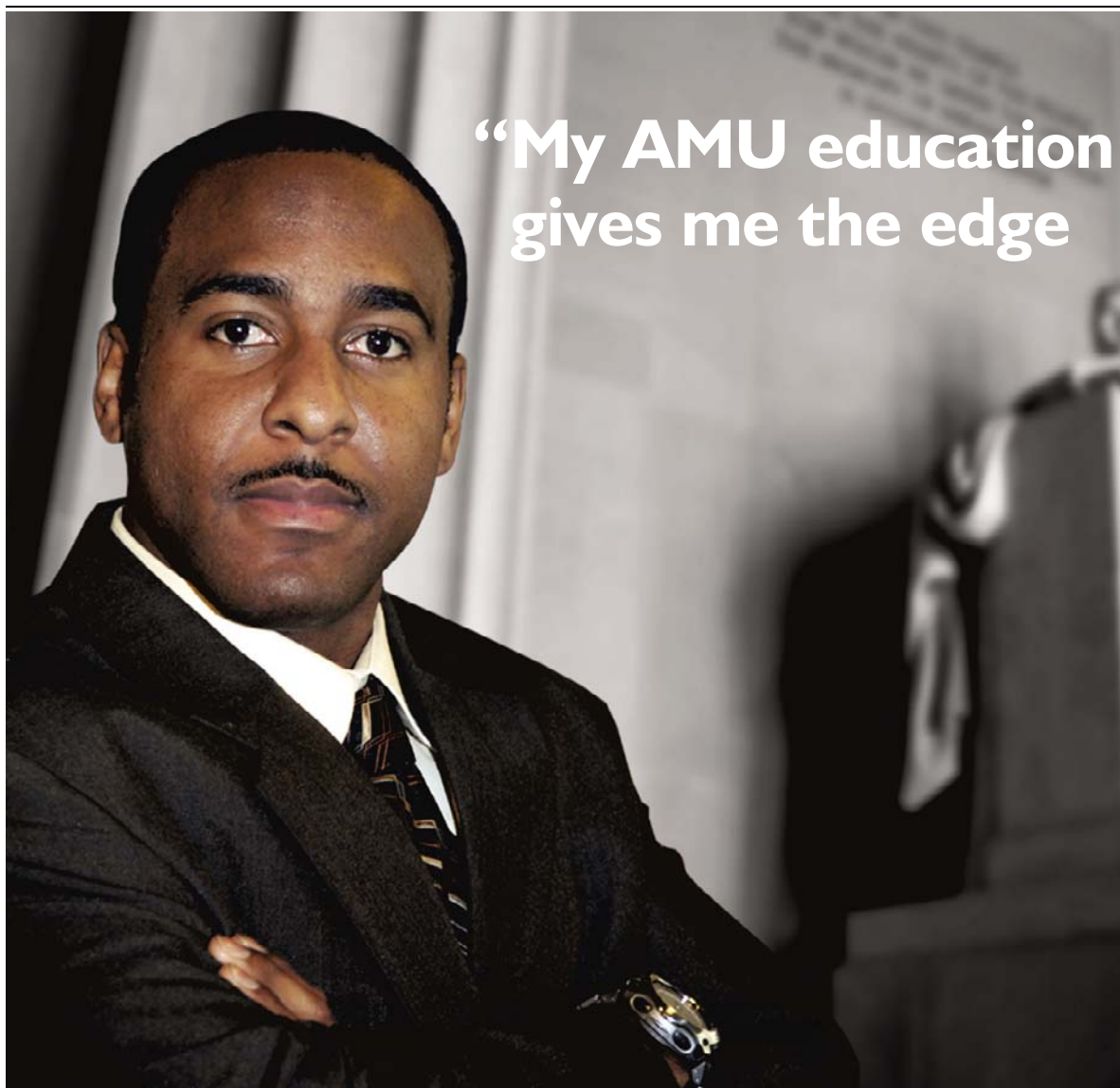
Bush Picks Rice To Head Talks on Mideast Peace

WASHINGTON | Declaring a "moment of choice" in the Middle East, President Bush said Monday he would call Israel, the Palestinians and others in the region to a peace conference aimed at restarting stalled talks and moving faster toward a Palestinian state.



Bush

Bush said the peace conference would be headed by Secretary of State Condoleezza Rice. He also pledged more U.S. financial support for the moderate Palestinian government of Mahmoud Abbas and called on other countries to do the same. (AP)



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Nation

8.2

The percentage of full-time workers in the United States who admit to having used illegal drugs in the past month, according to a survey conducted by the Substance Abuse and Mental Health Administration.

Study: Upright Gait Saves Energy

Scientists say humans are more efficient than chimps when walking

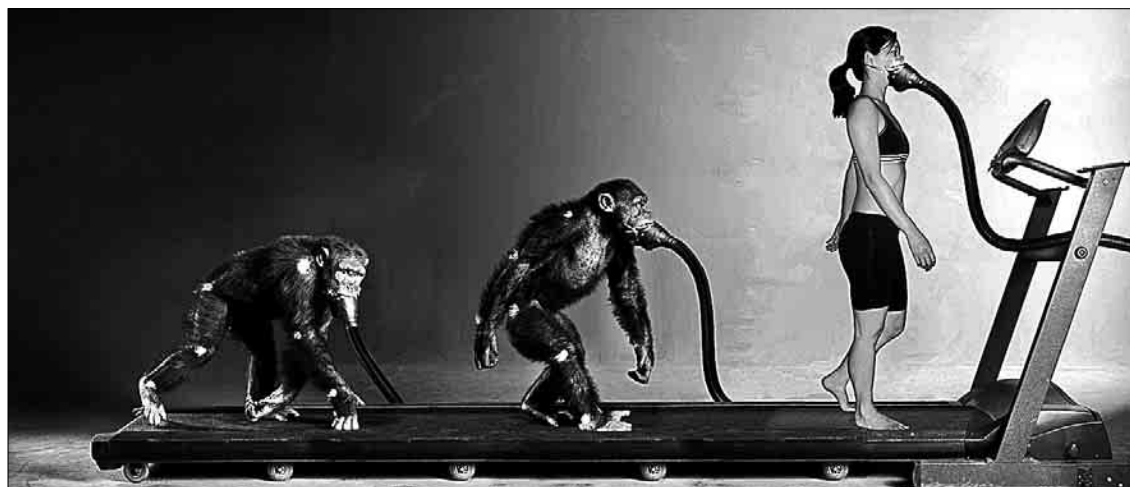
WASHINGTON | Why did humans evolve to walk upright? Perhaps because it's just plain easier.

Make that "energetically less costly," in science-speak, and you have the conclusion of researchers who are proposing a likely reason for our modern gait.

Bipedalism — walking on two feet — is one of the defining characteristics of being human, and scientists have debated for years how it came about.

In the latest attempt to find an explanation, researchers trained five chimpanzees to walk on a treadmill while wearing masks that allowed measurement of their oxygen consumption.

The results are published in this week's online edition of Proceedings of the National Academy of Sciences.



Researchers seeking an evolutionary explanation for humans' walking on two feet trained chimpanzees to walk on a treadmill.

It turns out that humans walking on two legs use only one-quarter of the energy that chimpanzees use while knuckle-walking on four limbs. And the chimps, on average, use as much energy walking on two legs as they do when they use all four limbs.

However, there was variability among chimpanzees in how much

energy they used, and this difference corresponded to their different gaits and anatomy.

One of the chimps used less energy on two legs, one used about the same and the others used more, said David Raichlen, assistant professor of anthropology at the University of Arizona.

"What we were surprised at was

the variation," he said. "That was pretty exciting, because when you talk about how evolution works, variation is the bottom line; without variation there is no evolution."

If an individual can save energy moving around and hunting and can spend more of it on reproduction, "that's how you end up getting new species," he said. (AP)

Airport Vacated In Bomb Scare

MIAMI | A Miami International Airport terminal was briefly evacuated early Monday after authorities found what appeared to be an explosive device in a box that turned out to contain human remains, a watch and other items. The evacuation delayed six flights, affecting about 2,000 passengers, airport spokesman Marc Henderson said. The terminal serves United, AirTran Airways and other carriers. (AP)

HEARSAY | IRAQ

"He's had quite a bit of time now. ... His rhetoric is pretty good. His performance is pretty bad."

—LEE HAMILTON, CO-CHAIRMAN OF THE IRAQ STUDY GROUP AND FORMER CONGRESSMAN, CRITICIZING THE LEADERSHIP OF IRAQI PRIME MINISTER NOURI AL-MALIKI ON MONDAY.

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DIGGING IN: A 2,400-year-old golden mask that once belonged to a Thracian king was unearthed in a timber-lined tomb in southeastern Bulgaria, archaeologists said Monday. The mask was found along with a gold ring and a portrait of a bearded man.

World

In Brief

JERUSALEM

Israel to Free 250 Prisoners In New Move to Boost Abbas

Israel said Monday it will free 250 Palestinian prisoners this week, the latest step in its efforts to strengthen Palestinian President Mahmoud Abbas in his standoff against Hamas militants. Israel announced the planned release after a summit between Prime Minister Ehud Olmert and Abbas. Both sides described the talks as positive, though Palestinians urged Israel to take bigger steps toward restarting peace talks. (AP)

SEOUL, SOUTH KOREA

IAEA Confirms N. Korea Has Shut Down Nuclear Reactor

U.N. inspectors have verified that North Korea has shut down its sole functioning nuclear reactor, the chief of the watchdog agency said Monday, confirming Pyongyang's first step to halt production of atomic weapons in nearly five years. The shutdown over the weekend, confirmed by a 10-member team of IAEA inspectors who arrived in North Korea on Saturday, was the first on-the-ground achievement toward scaling back Pyongyang's nuclear ambitions since the international standoff began in late 2002. (AP)

BRUSSELS, BELGIUM

Drive Launched to Put Diet On List of Cultural Treasures

Spain launched a drive Monday to win European support for a bid to include the traditional Mediterranean diet on a U.N. list of protected world cultural treasures. Spanish officials say the cuisine based on olive oil, fish and vegetables should be the first diet on the UNESCO list of traditions, festivals, rituals and crafts from around the world that the U.N. body certifies as part of a unique cultural heritage. (AP)

New Times, New Faiths

→ Thousands of new religious groups have formed all over the world in recent years — including a former traffic cop in Siberia who is now the spiritual leader of at least 5,000 devoted followers. | **Today, AI**

The Washington Post



BATTLE SCARRED: Iraqi children are treated for wounds after a triple bombing rocked the northern city of Kirkuk on Monday.

Car Bombs Kill 80 in Iraq

Bloodshed raises fears Baghdad sweep has insurgents on the move

BAGHDAD | A triple bombing, including a massive suicide truck blast, killed more than 80 people Monday in Kirkuk, the deadliest attack yet in the oil-rich northern city. The bloodshed reinforced concern that

extremists are heading north as U.S.-led forces step up pressure around Baghdad.

The vast majority of the casualties came in the truck bombing, which blasted a 30-foot-deep crater and damaged part of the roof of the headquarters of the Patriotic Union of Kurdistan, the party of President Jalal Talabani. The explosion took place in a crowded com-

mercial area and appeared aimed at causing as many civilian deaths as possible.

Saman Ahmed, 35, said he was driving along the street when the blast "pushed other vehicles toward my car along with fire and shrapnel like a flood."

"The glass from my car and the other cars went into my face," Ahmed said from his hospital bed.

Pakistan Trying To Salvage Truce

ISLAMABAD, PAKISTAN | Pakistani officials struggled Monday to salvage a peace deal meant to contain militants near the Afghan border and urged tribal elders to halt deadly violence surging across the northwest.

Pakistan's president, Gen. Pervez Musharraf, long insisted the 10-month-old accord was key to ending extremism in the tribal region, although U.S. officials complained it provided the Taliban and al-Qaeda with a safe haven.

A delegation of government-backed tribal elders negotiated Monday with militant leaders in North Waziristan, Miran Shah, an intelligence official said. (AP)

Britain Expels 4 Russian Diplomats

Moscow's refusal to extradite poisoning suspect spurs move

LONDON | Prime Minister Gordon Brown's new government ordered the expulsion of four Russian diplomats Monday over the Kremlin's refusal to extradite the key suspect in the fatal poisoning of a former KGB spy — Britain's first use of the sanction in more than 10 years.

Russia quickly threatened retaliation, marking a new low point in Britain's relations with Moscow under President Vladimir Putin.

Alexander Litvinenko died Nov. 23 in a London hospital after ingesting radioactive polonium-



Brown



Litvinenko

210. In a deathbed statement, the 43-year-old accused Putin of being behind his killing.

British prosecutors have named Russian businessman and former KGB agent Andrei Lugovoi as the chief suspect. Litvinenko said he first felt ill after meeting with Lugovoi at a London hotel.

But Russia has refused to extradite Lugovoi, saying its constitution

"Now I cannot hear well because of the sound of the explosion. I saw tens of dead bodies lying on the ground."

Kirkuk, 180 miles north of Baghdad, is a center of tensions among Arabs, Turkomen and Kurds, who want to include the area in the autonomous Kurdish region of the north. Voters in the city are to decide whether to join the Kurdish self-ruled region in a referendum by year's end.

U.S. and Iraqi officials have said Sunni Arab insurgents are moving farther north to carry out attacks, fleeing U.S. offensives in and around Baghdad, including in the city of Baqouba, a stronghold of extremists on the capital's northwestern doorstep.

Monday's explosions occurred just over a week after one of the Iraq conflict's deadliest suicide attacks hit a Turkomen Shiite village about 50 miles south of Kirkuk, killing more than 160 people.

Prime Minister Nouri al-Maliki condemned the Kirkuk blasts as a "cowardly act" by "terrorists" who intentionally targeted "innocent people."

At least 140 people were killed or found dead nationwide on Monday, according to police reports.

At least 44 of them were in Baghdad, including the bullet-riddled bodies of 25 people, apparent victims of sectarian death squads.

BASSEM MROUE (AP)

prevents that.

Brown, speaking in Berlin, said, "I have no apologies for the action that we have taken, but I do want a resolution of this issue as soon as possible."

Russia immediately threatened to retaliate.

"They should understand well in London that the provocative actions conceived by British authorities will not go unanswered and cannot fail to produce the most serious consequences" for bilateral relations, Russian Foreign Ministry spokesman Mikhail Kamynin said.

Britain also will place restrictions on visas issued to Russian government officials, Foreign Secretary David Miliband said. (AP)

World



PARTY PEOPLE: Nelson Mandela celebrates his 89th birthday Wednesday, when he'll launch a new humanitarian campaign along with former President Jimmy Carter, ex-U.N. chief Kofi Annan and a panel of others. A special star-studded soccer match will also be held to honor Mandela.

Earthquake Rattles Japan, Killing 9

Strong temblor causes nuclear power plant to spill water into the sea

KASHIWAZAKI, JAPAN | A powerful earthquake ripped into Japan's northwest coast Monday, killing at least nine people and causing a reactor at a sprawling nuclear power plant to spill water containing radioactivity into the sea — an accident not reported to the public for hours.

The 6.8-magnitude morning temblor injured more than 900 people as it toppled hundreds of wooden homes, tore fissures on the coastline and buckled the asphalt on highways and bridges. About 10,000 people fled to evacuation centers as aftershocks rattled the region.

The quake triggered a fire and an unrelated leak of water containing radioactive material at the Kashiwazaki Kariwa nuclear power plant, the world's largest in terms of power output capacity. The leak was not



FIRST AID: Rescuers carry an injured woman from the ruins of a collapsed house in Kariwa after a powerful earthquake struck Japan's northwest coast on Monday.

announced until the evening, many hours after the quake.

About 1,200 liters of water apparently spilled from a tank at

one of the power complex's seven reactors, and entered a pipe that flushed it into the sea, said Tokyo Electric Power Co. official Jun

Oshima. Officials said there was no "significant change" in the sea-water near the plant.

"The radioactivity is one-billionth of the legal limit," Oshima said of the leaked water.

Kyodo News agency reported more than 900 people were hurt, with injuries including broken bones, cuts and bruises, and some 780 buildings sustained damage.

Nine people in their 70s and 80s died in the quake, Kyodo reported, tallying their names and ages. Most of them died after being crushed when buildings collapsed on them, said officials with the National Police Agency in Tokyo.

"I got so dizzy that I could barely stand up," said Kazuaki Kitagami, a worker at a 7-Eleven convenience store in Kashiwazaki, the hardest-hit city in the quake zone. "The jolt came violently from just below the ground." KOJI SASAHARA (AP)



Disaster zone: To view a photo gallery of the earthquake damage in Japan, go to washingtonpost.com/world

China Blasts U.S. Media for Fueling Food Safety Fear

BEIJING | Chinese officials are blaming the international media, especially from the U.S., for fueling fears about the safety of the country's food and drug exports, a newspaper reported Monday.

The accusations in the state-run China Daily come several days after China suspended meat imports from some U.S. companies, including chicken feet and pigs' ears, in an apparent attempt to turn the tables on American complaints about problematic Chinese exports.

"Some foreign media, especially those based in the U.S., have wantonly reported on so-called unsafe Chinese products. They are turning white to black," Li Changjiang, minister of the General Administration of Quality Supervision, Inspection and Quarantine, was quoted as saying by the newspaper. The administration is China's quality control watchdog and has some responsibility in overseeing the safety of Chinese products. (AP)



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FILTHY FRIES: An Ohio company on Monday settled a lawsuit filed by two men who claimed they were served french fries seasoned with oven cleaner instead of vinegar at a Hagerstown, Md., minor league baseball game.

Local

Steamfitters Settle Capitol Asbestos Case

WASHINGTON | Ten U.S. Capitol steamfitters have settled a whistleblower retaliation case against the Architect of the Capitol after complaining of asbestos exposure in the tunnels where they work.

The terms of the settlement, including the money involved, were not revealed.

But lawyer David J. Marshall called the out-of-court settlement a "big victory for federal workers."

The 10 steamfitters "complained about hazardous working conditions at an agency of the U.S. Congress, stood strong for over a year in pursuing their complaints and achieved a great outcome," Marshall said.

The Government Accountability Project, a watchdog, helped represent the workers. "These workers were clearly retaliated against but held strong," said Karen Carey, the group's lawyer. "This is a victory for whistleblowers."

The majority of the workers have retired, resigned or moved to other assignments. (AP)

The Lotteries

Monday, July 16

DISTRICT

Mid-day Lucky Numbers	4-1-6
Evening Lucky Numbers	9-2-8
Mid-day DC 4	0-5-1-1
Evening DC 4	5-4-6-5
Rolling Cash Five	15-17-20-25-21
Daily 6	28-20-39-18-8-19 Bonus: 26

MARYLAND

Mid-day Pick 3	8-1-5
Evening Pick 3	4-9-2
Mid-day Pick 4	8-4-4-6
Evening Pick 4	0-5-9-5
Match 5	9-12-26-32-37 Bonus: 36

VIRGINIA

Mid-day Pick 3	9-8-6
Evening Pick 3 (Sun.)	8-0-2
Mid-day Pick 4	9-3-7-6
Evening Pick 4 (Sun.)	9-4-4-2
Mid-day Cash 5	1-2-12-21-22
Evening Cash 5 (Sun.)	1-4-14-19-31

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Copper Wiring Thefts, Deaths Rise

41-year-old Md. man is the latest casualty in nationwide trend

PASADENA, MD. | Firefighters weren't sure what was causing the smoke rising from a former discount store in this Baltimore suburb. The place had been abandoned for years, the interior stripped to the walls.

When they got inside July 2, they found only one thing burning: a 41-year-old man who became engulfed in flames and died after cutting through a high-voltage line.

Sean Phelps became another ghastly casualty of what authorities say is a deadly national trend: copper wiring thefts.

High copper prices in recent years have thieves breaking into power plants and abandoned factories to rip out the wiring. Vandals are even stealing from grave sites.

Phelps, a father of nine and



Sean David Phelps was electrocuted at this vacant building in Pasadena, Md., on July 2 while trying to steal copper wire to help support his family.

a former long-haul trucker who family members say was trying to scavenge scrap metal to help sup-

port his family, was found alone in the empty building, next to a set of bolt cutters, a police scanner and



Phelps

the store's lone remaining electrical panel. He wrongly assumed the power would be off, authorities say.

When Phelps cut the wire carrying at least 220 volts, he was hit with a powerful electrical arc, similar to what happens when lightning strikes.

The copper theft spree prompted 20 states to pass laws this year to curb the problem. Much of the attention has gone to metal recyclers, who in many places could buy scrap without asking where it came from.

After several people were electrocuted in Arkansas, legislators passed a law this year requiring people selling scrap metal to supply photo IDs and addresses. That law takes effect at the end of the month.

KRISTEN WYATT (AP)

Centreville Garage Fire Ruled Accidental

CENTREVILLE, VA. | An explosion in a garage in a Northern Virginia home Sunday has been ruled accidental.

"The cause was accidental, the result of a grinding operation that was taking place in the garage," Capt. Chris Schaff, a spokesman for the Fairfax County Fire and Rescue Department, tells WTOP. "Sparks flew off and landed in a box containing explosive material."

Bomb experts Monday removed and categorized chemicals from a detached shed at the home on Portage Place. The Department of Defense will destroy any explosive materials while a hazardous materials contractor will get rid of the non-explosives, Schaff says.

Nobody was hurt in the explosion, which occurred before 1 p.m., or in the subsequent fire, which spread to the home. The fire was not completely extinguished until about 5:30 p.m., Schaff said.

Mike Campbell, a spokesman

for the Bureau of Alcohol, Tobacco, Firearms and Explosives, said flash powder, which is used in fireworks, was found among the chemicals in the garage.

On Monday, Schaff said, "We have not determined what these chemicals were being used for. That they were being used for fireworks has not been determined yet."

Schaff said there were a variety of dangerous chemicals, including fertilizer, stored in the garage and in a detached shed behind the house. He said local officials asked both the ATF and the FBI to assist because of the nature of the chemicals.

In addition to the home where the fire occurred, four other homes were evacuated after the explosion. Those homes will remain evacuated until the investigation is finished,

Schaff said authorities had interviewed the man involved, but that no charges had been filed against him. (AP)

Judge: Pants Suit Doesn't Hold Up

WASHINGTON | A judge who ruled in favor of a dry cleaner who was sued for \$54 million over a missing pair of pants has denied a request to reconsider the verdict.

"The plaintiff's motion for recon-

sideration reargues matters that already were presented in his pre-trial statement, his trial brief and his arguments at trial," D.C. Superior Court Judge Judith Bartnoff wrote in a statement Monday. (AP)

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Special Report solves the “My home isn’t selling” problem

WASHINGTON METRO – A “Special Report” explodes what its author exposes as “The myth of slow home sales.” In fact, the Report explains, in clear and plain English, how a home owner who wants to sell can not only count on a sale within 120 days but can be guaranteed that the sale will occur.

The Report proves its accuracy by quoting specific local instances in which the technique it describes has sold homes time after time, quickly, efficiently, and at a favorable price.

The author of the report, noted realtor Frank Sanya, has made numerous appearances on both television and radio.

Mr. Sanya states that the Report represents the compendium of his many years of real estate experience and can be of substantial value to homeowners, especially those whose homes have been on the market unsold for a considerable period of time. The author emphasizes that although he does not accept every listing, by following the Report’s procedures he accomplishes a sale in every instance in which he is the broker of record.

The secret, says the Report, is a combination of traits and procedures that consistently result in a successful sale. For a free copy of the Report, go to a private but available Web site – www.WantItSoldNow.com.

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Money

IHOP Bids for Applebee's

Pancake eatery chain set to buy restaurant brand in \$1.9B deal

GLENDAL, CALIF. | IHOP Corp., best known for its blue-roofed pancake restaurants, said Monday it has agreed to buy the bar-and-grill chain Applebee's International Inc. for about \$1.9 billion in cash.

The move comes as Wall Street analysts are expecting a difficult second-quarter earnings season in the restaurant sector as soaring commodity costs are hurting restaurant profits and consumers facing high gas prices are thinking twice about going out for a meal.

IHOP Chief Executive Julia Stewart, a former Applebee's execu-



IHOP executives are planning to turn the Applebee's brand into a franchisor.

tive, said once the deal closes, IHOP would revive the Applebee's brand and plans to turn it into primarily a franchisor by selling most of the 500 company-owned stores at a rate of 40 per quarter, a process that could take until 2010 to complete.

“It's a great brand, it just needs to be revitalized,” Stewart said on a conference call Monday. “We

will fundamentally change the company's business model, moving it nearly completely out of the role of owner-operator.”

The changes could save \$50 million per year by 2011. IHOP plans to open at least 30 to 45 new franchised Applebee's restaurants per year, IHOP Chief Financial Officer Thomas Conforti said.

The deal requires approval by Applebee's shareholders but not investors in IHOP, since it is an all-cash deal.

Under the deal, IHOP will pay \$25.50 per share for Applebee's, which has been under pressure from shareholders because of a slumping performance. The price being offered is a 4.6 percent premium over Applebee's closing price on Friday. (AP)

Charges Dropped in KPMG Tax Case

NEW YORK | A federal judge dismissed charges Monday against 13 former KPMG employees in what the government had described as the largest criminal tax case in U.S. history, saying the prosecutors prevented them from presenting their defenses.

U.S. District Judge Lewis A. Kaplan said the dismissal was necessary because the govern-

ment coerced KPMG to limit and then cut off its payment of the one-time employees' legal fees.

The case resulted after the government investigated what it described as a tax shelter fraud that helped the wealthy escape \$2.5 billion in taxes.

Yusill Scribner, a spokeswoman for federal prosecutors, said the government had no comment.

Kaplan said the case will proceed to trial against three former employees who had not established that KPMG would have paid their defense costs even if the government had left the company alone in regards to defense costs.

Kaplan said the Department of Justice “deliberately or callously” prevented many of the defendants from getting funds for their defense, blocking them from hiring the lawyers of their choice. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
DJO Inc	50.10	+8.00	+19.0
GpoRadio	15.65	+2.06	+15.2
Amrep	48.32	+4.22	+9.6
TOUSA	3.30	+29	+9.6
IHOP Cp	61.24	+4.99	+8.9

Losers

ACA Cap n	6.59	-1.87	-22.1
Spartch	22.33	-4.99	-18.3
NalcoHld	25.16	-2.12	-7.8
KingPhrm	19.53	-1.55	-7.4
Cryolife	11.01	-.85	-7.2

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.25	8.25
Fed Funds close	5.31	5.20
3-month disc	4.84	4.815
2-year	4.87	4.96
10-year	5.04	5.15
30-year	5.12	5.24

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
DynacqHlt	7.87	+5.41	+219.9
ArtWay	17.93	+5.80	+47.8
Phazar	10.29	+2.43	+30.9
SyntaxBril	6.61	+1.05	+18.9
Iomai	1.73	-.04	-2.4

Losers

HudsonHi	17.07	-4.95	-22.5
FrankCred	3.99	-.98	-19.7
Immersn	17.27	-3.23	-15.8
ForcePro n	20.14	-2.75	-12.0
FrstAvi	2.20	-.27	-10.9

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.4909	.4917	.5440
Canadian Dollar	1.0429	1.0476	1.1288
European Euro	.7255	.7252	.7907
Japanese Yen	121.82	122.03	116.21
Mexican Peso	10.7840	10.7543	10.9905
Taiwanese Dollar	32.91	32.87	32.66

DOW	NASDAQ	S&P 500
+43.73	-9.67	-2.98
+0.31	-0.36	-0.19
13950.98	2697.33	1549.52

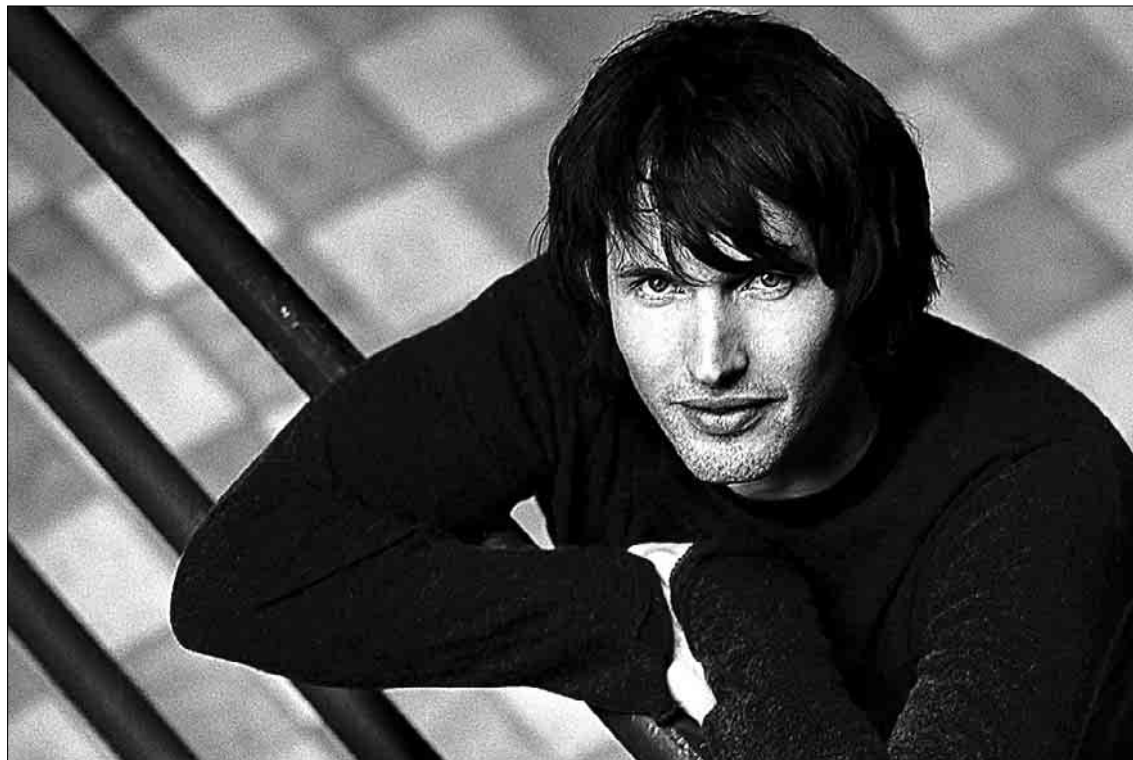
Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	56.03	-.90	-18.0
Amylin	43.18	-.79	+19.7
BiogenIdc	55.34	-.58	+12.5
Celgene	58.32	-.88	+1.4
ChRvLab	51.90	-.21	+20.0
Genentch	75.19	-.31	-7.3
Genzyme	60.33	+0.07	-2.0
GileadSci s	39.62	-.34	+22.0
Imclone	35.13	-.06	+31.3
Invitrogn	75.12	-.44	+32.7
MillPhar	10.68	-.21	-2.0
PDL Bio	25.57	-.65	+27.0
QIAGEN	17.84	-.10	+17.9
Techn	58.14	-.25	+4.9
VertexPh	28.86	-.29	-22.9



HE IS NOT THE FATHER! Phew! NBC has renewed "The Jerry Springer Show" and "Maury" on Tribune stations through 2010. Luckily, Washington's CW falls into this group, so you can still get your fill of incest, paternity testing and final thoughts.

Entertainment



FOUND SOUL: James Blunt had a monk-like experience (and went clubbing) in Ibiza while making his album "All the Lost Souls."

James Being Blunt

The singer discusses his forthcoming album — and his partying

PARTY | James Blunt spent the better part of 2006 living and working in Ibiza, Spain, one of the Balearic Islands in the Mediterranean Sea. Known for its nonstop sum-

mer dance parties, Ibiza is not the first destination that comes to mind when thinking of the mellow British singer/songwriter.

Blunt's breakthrough debut, "Back to Bedlam" — released in 2004 in the United Kingdom and one year later in the United States, where it has sold 2.6 million copies, according to Nielsen

SoundScan — was anything but dance music. In fact, its smash hit, "You're Beautiful," could have passed for a 1970s AM radio staple. But there was Blunt, last summer, making the scene like a veteran of the club community. "You go to Space at nine in the morning, and you carry on till nine in the evening," Blunt says with a smile. "I'm

a healthy clubgoer."

Following a day — or night — of clubbing, Blunt would "head back to mine," to his secluded home "away up in the hills." It was there, with a piano and guitar at his side, that he wrote many of the songs that appear on his second Custard/Atlantic album, "All the Lost Souls," due Sept. 18.

According to Blunt, the album's lead single, the propulsive, anthemic "1973," which makes its worldwide radio debut July 23 (the digital download and accompanying video will be available at iTunes Aug. 7), was inspired by all that dancing and hanging out in Ibiza.

Blunt stayed in Ibiza beyond the summer season. But during the winter, when the tourists and partiers were nowhere to be found on the island, Blunt describes his daily routine as "alone and secluded — living like a monk."

It proved to be an amazing experience. "I hadn't been alone for three years," he says. "I'd been sleeping on a tour bus with 12 people. So, it was a real moment to stop and have a look around, to realize what had gone on in my life and find a sense of calm."

He was also able to free himself from competing with the success of his debut album. "There's no way I'm going to sell 11 million copies" of the new album, he says, citing his debut's global sales figure. "That album was a moment and I'm happy for that, but I'm certainly not going to try to emulate it in any sort of way."

MICHAEL PAOLETTA (BILLBOARD)

Inside 'Boxes,' a Sweet Surprise

Country songwriter Kim Richey releases a gem-filled record

MUSIC | Veteran songwriter Kim Richey titles her fifth studio album "Chinese Boxes" after the custom of hiding a series of gift boxes inside ever-larger boxes. She uses the metaphor to describe a lover who becomes more mysterious with each peeled-away layer, but the term also characterizes Richey's new album, which

offers a series of richly colored, carefully wrapped pop baubles that make for an alluring whole.

An Ohio native who got her start in Nashville, Richey began moving away from the roots-rock of her mid-'90s albums with 1999's "Glimmer." Working for the first time in London with producer Giles Martin, son of Beatles mastermind George Martin, Richey finally achieves the airy pop beauty she's been seeking since then.

The fertile melodies of "Jack and Jill" and the modernistic "Something



Richey writes songs for others, but proves she's got her own set of pipes.

to Say" float like pastel-colored balloons on a breezy spring day, while the uptempo "I Will Follow" and "Not a Love Like This" bring a shot of energy.

While her languid alto glides with more radiance than ever, it's hard not to miss the touch of anger she flashed on her early Nashville albums. But there's an enchanted beauty to "Chinese Boxes" that will draw listeners to want to open this gift over and over again.

MICHAEL MCCALL (AP)

Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

EMERGENCE-SEE! Solo Artist



1 Robert Beaty's one-man show examines the diverse aspirations of the African-American community, while urg-

ing members of it to stay connected to the past. Beaty portrays three characters, a father and his two grown sons, and layers meaning into a riveting plot-line that is accentuated only by his talent as an actor.

→ *Arena Stage, 1101 6th St. SW; 7:30 p.m., \$38-\$50, through July 22; 202-488-3300. (Waterfront-SEU)*



ROBERT CRAY

Summertime Blues

2 Blues guitarist and singer Robert Cray plays at Wolf Trap tonight. Although often known as an opener for Eric Clapton, he headlines a show with ease and shares a bill with British soul singer James Hunter.

→ *Filene Center, Wolf Trap, 1551 Trap Road, Vienna; 8 p.m., \$22-\$38; 703-255-1868.*

SCISSORS FOR LEFTY Cutting-Edge Indie

3 San Fran-based rockers Scissors for Lefty have played with bands like Queens of the Stone Age and Interpol, but tonight they're the main attraction. Check them out with the Known Unknowns and Must Love Trash.

→ *DC9, 1940 Ninth St. NW; 9 p.m., \$8; 202-483-5000. (U St.-Cardozo)*

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Entertainment



WHAT WOULD YOU SAY ... If Dave Matthews asked you to sign a petition pushing to Congress to ensure that troops returning home with traumatic injury received proper care? He is, and fans are visiting the band's web site daily to sign.

Dissent by the Playbook

Dave Zirin examines political resistance and its place in sports

STAYING ACTIVE | David Zirin nearly gave up on sports. But it was politics, not gameplay, that almost drove him away.

Nowadays, Zirin is an author, columnist and a contributing writer for the Nation. But during the first Gulf War, he was a high school basketball player — the kind of rabid athlete who, as he put it, “memorized every statistic and took it all way too seriously.”

So firm was Zirin's commitment that he was incensed that teammates would skip practice to participate in

anti-war rallies, as one friend did. But his anger turned to shock after he learned that, while at the rally, his friend was injured during a confrontation with police.

After the incident, Zirin took in a basketball game to clear his mind. During a break in play, though, he witnessed a troubling scene: A team mascot took center court and pretended to pummel a man who was dressed to look like an Arab. All the while, the JumboTron prodded the crowd to chant, “USA! USA!”

“There was something about that that was so disturbing to me,” Zirin said. “I had one of those dramatic teenage moments where I was ready to give up sports. I was ready to shun it the way a vegetarian would shun



He abandoned sports for politics. Until he realized he could have both.

a plate of McRib's.”

He gave up sports until 1996, when Mahmoud Abdul-Rauf refused to stand for the national anthem before NBA games. That incident made him realize there could be more to sports than box scores and vertical leap statistics. He decided to give sports another chance but decided to concentrate on the intersection of sports and politics — the stories of Tommie Smith and John Carlos, who stood with fists raised at the 1968 Summer Olympics; Roberto Clemente, who fought for equality not just in Major League Baseball but worldwide; and, of course, Abdul-Rauf.

“I had no idea that there was this kind of tradition in sports — a tra-

dition that wasn't just about corporate greed and banging the drums for war, but also a tradition that spoke to struggle and resistance,” Zirin said.

His most recent book, “Welcome to the Terrordome: The Pain, Politics and Promise of Sports,” examines that culture of resistance in sports. With a title culled from a Public Enemy song and a photo of the Hurricane Katrina-ravaged Superdome on its cover, the book clearly isn't your average hagiography. It describes the connection between hip-hop and basketball, features interviews with former Black Panther Mumia Abu-Jamal and praises Washington Wizard Etan Thomas for his anti-war poetry. IAN HERBERT (EXPRESS)

→ *Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)*

For more of our conversation with Dave Zirin, visit readexpress.com



Do you know someone who has depression that keeps returning?

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Comprehensive NeuroScience 703-998-5850
or visit our website www.cnswebsite.com

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14

701 Seventh St. NW 800-FANDANGO 1721#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1000 1030 1210 1240 110 140 320 350 420 450 630 700 730 800 940 1010 1040)
JOSHUA (R) - ID REQ'D DIG (1205 235) 510 745 1020
OC: TRANSFORMERS (PG-13) DIG (1200 215) 445 710 945
LICENSE TO WED (PG-13) DIG (1015 1250 120 150) 430 500 715
TRANSFORMERS (PG-13) DIG (1015 1250 120 150) 430 500 715
RATATOUILLE (G) DIG (1005 1255) 355 655 935
LIVE FREE OR DIE HARD (PG-13) DIG (1245 415 725 1030)
1408 (PG-13) DIG (1215 240) 505 750 1025
EVAN ALMIGHTY (PG) DIG (1100) AM
OCEAN'S 13 (PG-13) DIG (1010) PM
KNOCKED UP (R) - ID REQ'D DIG (1235) 635

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1210 1240 110 140 210 320 350 420 450 630 700 730 800 830 940 1010 1040)
TRANSFORMERS (PG-13) DIG (1200 1230 100 130 400 430 500) 715 745 815 1000 1030
SICKO (PG-13) DIG (1250 345) 640 935
EVENING (PG-13) DIG (155 440) 725
EVAN ALMIGHTY (PG) DIG (135 410)
ONCE (R) - ID REQ'D DIG (850 910)
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1015) PM
OC: KNOCKED UP (R) - ID REQ'D DIG (330) 705

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1210 1240 110 140 320 350 420 450) 630 700 730 800 940 1010 1040
LICENSE TO WED (PG-13) DIG (1230 300 530) 800 1030
TRANSFORMERS (PG-13) DIG (1215 1240 110 140 330 350 420 450) 645 700 730 800 1010 1040
RATATOUILLE (G) DIG (145 230 445) 745 1030
LIVE FREE OR DIE HARD (PG-13) DIG (100 400) 700 1000
1408 (PG-13) DIG (100 315 545) 830 1045
EVAN ALMIGHTY (PG) DIG (1245 315 530) 800 1015
FANTASTIC FOUR: SILVER SURFER (PG) DIG 715 945

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1000 1030 1210 1240 110 140 320 350 420 450) 630 700 730 800 940 1010 1040
LICENSE TO WED (PG-13) DIG (1015 1230 100 320 400) 715 950
TRANSFORMERS (PG-13) DIG (1000 1240 110 350 420) 700 730
RATATOUILLE (G) DIG (945 1015 1230 100 320 400) 715 950
LIVE FREE OR DIE HARD (PG-13) DIG (945 100 410) 715 1035
KNOCKED UP (R) - ID REQ'D DIG 745 1035

Times For 7/17/07 Daily Bargain Matinees In ()

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1100 1210 1240 110 140 210 320 350 420 450 630 700 730 800 830 940 1010 1040)
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG (100 430) 745
OC: TRANSFORMERS (PG-13) DIG (330) 1000
TRANSFORMERS (PG-13) DIG (1200 1230 130 300 400 500) 615
LICENSE TO WED (PG-13) DIG (105 340) 620 850
RATATOUILLE (G) DIG (1215 115 410) 705 950
LIVE FREE OR DIE HARD (PG-13) DIG (150 510) 810
1408 (PG-13) DIG (155 435) 720 955
EVAN ALMIGHTY (PG) DIG (1145 220 455)
OCEAN'S 13 (PG-13) DIG 725 1020
KNOCKED UP (R) - ID REQ'D DIG (1050 200 515) 820

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
OC: TRANSFORMERS (PG-13) DIG (330) 1030
YOU KILL ME (R) - ID REQ'D DIG (1120 200 530) 750 1015
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG (130 500) 845

HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1100 1130 1210 1240 110 140 210 320 350 420 450 520 550)
630 700 730 800 830 910 940 1010 1040
TRANSFORMERS (PG-13) DIG (1110 1200 1230 100 230 300 400 430) 615 715 745 815 930 1000
LICENSE TO WED (PG-13) DIG (120 410) 645 920
EVENING (PG-13) DIG 900 PM
RATATOUILLE (G) DIG (1050 1250 150 340 440) 620 720 935
LIVE FREE OR DIE HARD (PG-13) DIG (1120 300) 650 945
1408 (PG-13) DIG (1140 220 540) 810 1035
EVAN ALMIGHTY (PG) DIG (1220 315) 635
KNOCKED UP (R) - ID REQ'D DIG (1205) 710
PIRATES OF THE CARIBBEAN: WORLD'S END (PG-13) DIG (1115 250) 640 950 1020

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1000 1030 1210 1240 110 140 320 350 420 450) 630 700 730 800 940 1010 1040
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG (1255 405) 715 1025
TRANSFORMERS (PG-13) DIG (1015 125 350 435) 745 950 1035
LICENSE TO WED (PG-13) DIG (1030 1245 300 515) 750 1015
RATATOUILLE (G) DIG (1035 115 400) 645 935
LIVE FREE OR DIE HARD (PG-13) DIG (1040 135 430) 735 1035
1408 (PG-13) DIG (1150 215 440) 720 945
SICKO (PG-13) DIG (1140 225 510) 755 1040
OC: KNOCKED UP (R) - ID REQ'D DIG (1245) 700
EVAN ALMIGHTY (PG) DIG (1215 245 515)
KNOCKED UP (R) - ID REQ'D DIG 800 1050

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★ (900 930 1000 1030 1100 1210 1240 110 140 210 320 350 420 450 520) 630 700 730 800 830 940 1010 1040
RATATOUILLE-DIGITAL PROJECTION (G) DIG (1010 1250 400) 650 930
RATATOUILLE (G) DIG (910 1150 230 510) 750 1030
EVENING (PG-13) (1230 330) 710 1020
EVAN ALMIGHTY (PG) DIG (920 1140 210 430) 720 950
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1200 220 440) 725 1020
ONCE (R) - ID REQ'D DIG 740 1000

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1210 1240 110 140 210 320 350 420 450 520) 630 700 730 800 830 940 1010 1040
TRANSFORMERS (PG-13) DIG (1210 1240 110 140 350 420 450) 630 700 730 815 1010 1040
OC: TRANSFORMERS (PG-13) DIG (320) 940
LICENSE TO WED (PG-13) DIG (1145 215 445) 745 1015
RATATOUILLE (G) DIG (1130 115 415) 715 1015
LIVE FREE OR DIE HARD (PG-13) DIG (115 430) 745 1045
1408 (PG-13) DIG (1215 245 510) 810
EVAN ALMIGHTY (PG) DIG (215 530) 830
OCEAN'S 13 (PG-13) DIG 1010 PM

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1030 1210 1240 110 140 320 350 420 450) 630 700 730 800 940 1010 1040
LICENSE TO WED (PG-13) DIG (1100 500) 800
TRANSFORMERS (PG-13) DIG (1030 1205 1235 105 135 330 400 430 500) 645 715 745 815 1000 1030
EVENING (PG-13) DIG (1245 345) 715 1000
RATATOUILLE (G) DIG (1040 1215 115 315 415) 700 745 1030
LIVE FREE OR DIE HARD (PG-13) DIG (145 435) 730 1035
EVAN ALMIGHTY (PG) DIG (1040 100 330) 645 930
KNOCKED UP (R) - ID REQ'D DIG 945 PM
OC: LICENSE TO WED (PG-13) DIG (200) 1025

MANASSAS STADIUM 14

11380 Bulloch Drive 800-FANDANGO 490#
Adv. Tix on Sale! NOW PRONOUNCE YOU CHUCK & LARRY (PG-13) ★
Adv. Tix on Sale! HAIRSPRAY (PG) ★
Adv. Tix on Sale! SIMPSONS (PG-13) ★
HARRY POTTER & ORDER OF THE PHOENIX (PG-13) DIG ★
(1210 1240 110 140 320 350 420 450) 630 700 730 800 940 1010 1040
TRANSFORMERS-DIGITAL PROJECTION (PG-13) DIG (100 410) 720 1025
LICENSE TO WED (PG-13) DIG (1140 200 430) 710 945
TRANSFORMERS (PG-13) DIG (1130 1230 130 250 340 440) 620 650 810 930 1000
RATATOUILLE (G) DIG (1220 150 300 500) 750 1035
LIVE FREE OR DIE HARD (PG-13) DIG (120 440) 740 1030
1408 (PG-13) DIG (1125 205 435) 745 1020
EVAN ALMIGHTY (PG) DIG (135 355) 640 920
FANTASTIC FOUR: SILVER SURFER (PG) DIG (1120) AM

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AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 2:00, 5:30, 8:30
CAPTIVITY (R) ✓ 12:50, 3:10, 5:25, 7:50, 10:10
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:15, 1:00, 1:45, 2:20, 3:00, 3:30, 4:40, 5:10, 5:40, 6:20, 6:45, 7:40, 8:30, 9:00, 9:30, 10:00
LICENSE TO WED (PG13) 1:50, 4:10, 7:10, 9:50
TRANSFORMERS (PG13) 12:20, 1:30, 2:40, 3:20, 4:00, 5:20, 6:00, 6:40, 7:20, 8:40, 9:20, 10:00, 10:40
TRANSFORMERS (PG13) 2:40, 6:00, 9:20
RATATOUILLE (G) 12:40, 1:10, 3:30, 4:20, 6:30, 7:30, 9:30
LIVE FREE OR DIE HARD (PG13) 1:20, 2:10, 4:30, 5:10, 8:00, 8:45
1408 (PG13) 1:55, 5:05, 7:45, 10:25
EVAN ALMIGHTY (PG) 12:10, 2:50, 5:35, 8:10, 10:30
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:30, 2:55, 5:45, 8:20, 10:55
OCEAN'S THIRTEEN (PG13) 5:15, 8:15
KNOCKED UP (R) 1:25, 4:25, 7:25, 10:20
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 10:15 PM
— **AMC SELECT** —
EVENING (PG13) 2:15
SICKO (PG13) 1:35, 4:45, 7:55

LOEWS RIO CINEMAS 18

9811 Washington Boulevard
301-948-0906

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 11:20, 2:00, 4:55, 7:40, 10:20
CAPTIVITY (R) ✓ 1:40, 4:10, 6:35, 8:50
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 1:00, 1:30, 1:50, 2:00, 2:45, 4:15, 5:15, 6:05, 6:45, 7:30, 8:50, 9:15, 10:40
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:15, 3:30, 10:00
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:15, 3:30, 10:00
LICENSE TO WED (PG13) 2:05, 4:30, 7:15, 9:45
TRANSFORMERS (PG13) 11:15, 12:00, 1:45, 2:30, 3:15, 5:00, 5:45, 6:30, 8:15, 9:00, 9:45
RATATOUILLE (G) 1:00, 3:50, 6:50, 9:40
LIVE FREE OR DIE HARD (PG13) 1:35, 4:30, 7:25, 8:20, 10:20
1408 (PG13) 2:30, 4:55, 7:20, 10:05
EVAN ALMIGHTY (PG) 1:30, 3:55, 6:30, 9:00
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 3:45, 9:10
OCEAN'S THIRTEEN (PG13) 12:45, 6:15
SURF'S UP (PG) 1:15, 3:30, 5:40
KNOCKED UP (R) 7:40, 10:35
— **AMC SELECT** —
EVENING (PG13) 2:10, 5:00
SICKO (PG13) 1:30, 4:25, 7:25, 10:15

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 2:35, 5:25, 8:15
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 1:00, 2:00, 4:15, 5:15, 7:30, 8:30, 10:45
LICENSE TO WED (PG13) 12:15, 2:40, 5:00, 7:20, 9:45
TRANSFORMERS (PG13) 12:20, 1:20, 3:40, 4:40, 7:00, 8:00, 10:20
TRANSFORMERS (PG13) 12:20, 3:40, 7:00, 10:20
RATATOUILLE (G) 1:35, 4:25, 7:15, 10:05
LIVE FREE OR DIE HARD (PG13) 1:30, 4:35, 7:40, 10:40
OCEAN'S THIRTEEN (PG13) 2:05, 4:55, 7:50, 10:35
KNOCKED UP (R) 12:45, 3:45, 10:15
— **AMC SELECT** —
RESCUE DAWN (PG13) ✓ 1:05, 4:05, 7:05, 10:10
EVENING (PG13) 1:40, 4:30, 7:25, 10:25
SICKO (PG13) 12:55, 1:55, 3:50, 4:50, 6:45, 7:45, 9:40, 10:30

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

JOSHUA (R) 1:20, 4:10, 7:00

— **AMC SELECT** —
YOU KILL ME (R) 2:20, 4:50, 7:50
EVENING (PG13) 1:30, 3:50, 7:10
SICKO (PG13) 2:10, 4:40, 7:20
GOLDEN DOOR (PG13) 1:50, 4:30, 7:10
LA VIE EN ROSE (PG13) 2:00, 5:00, 8:00
WAITRESS (PG13) 1:40, 4:20, 7:00

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 1:15, 4:10, 6:55, 9:45
CAPTIVITY (R) 12:10, 2:25, 4:45, 7:15, 9:35
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:15, 1:00, 1:45, 2:30, 3:30, 4:15, 5:00, 5:45, 6:45, 7:30, 8:15, 9:00, 10:00
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:15, 3:30, 6:45, 10:00
LICENSE TO WED (PG13) 12:50, 3:10, 5:30, 7:50, 10:10
TRANSFORMERS (PG13) 12:30, 1:20, 2:50, 3:40, 4:40, 6:10, 7:00, 8:00, 8:30, 10:20
RATATOUILLE (G) 2:00, 4:55, 7:40, 10:25
LIVE FREE OR DIE HARD (PG13) 12:25, 1:10, 3:25, 4:20, 6:30, 7:25, 8:40, 10:30
1408 (PG13) 12:00, 2:20, 4:50, 7:20, 9:55
EVAN ALMIGHTY (PG) 12:45, 3:15, 5:40, 8:10, 10:30
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 1:50, 4:25, 6:50
OCEAN'S THIRTEEN (PG13) 9:20 PM
KNOCKED UP (R) 7:05, 10:05
— **AMC SELECT** —
EVENING (PG13) 1:25, 4:00
SICKO (PG13) 1:35, 4:35, 7:35, 10:25

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 2:25, 5:15, 8:05, 10:55
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:10, 1:15, 2:20, 3:25, 4:30, 5:35, 6:40, 7:45, 8:50, 9:55, 11:00
LICENSE TO WED (PG13) 1:25, 3:50, 6:20, 8:45, 11:05
LICENSE TO WED (PG13) 1:25, 3:50, 6:20, 8:45, 11:05
TRANSFORMERS (PG13) 12:40, 2:55, 4:05, 6:10, 7:20, 9:30, 10:35
RATATOUILLE (G) 12:50, 3:40, 9:20
LIVE FREE OR DIE HARD (PG13) 1:40, 2:50, 4:40, 5:55, 7:35, 9:00, 10:30
1408 (PG13) 12:30, 3:00, 5:25, 7:55, 10:20
EVAN ALMIGHTY (PG) 4:35, 9:45
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:20, 2:35, 4:50
OCEAN'S THIRTEEN (PG13) 1:45, 7:00
KNOCKED UP (R) 7:10, 10:05
— **AMC SELECT** —
SICKO (PG13) 12:15, 3:10, 6:05, 9:05

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

CAPTIVITY (R) ✓ 3:15, 5:45, 8:00
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 12:20, 1:10, 3:30, 4:15, 6:45, 7:30, 10:00, 10:45
LICENSE TO WED (PG13) 2:35, 5:20, 7:50
TRANSFORMERS (PG13) 12:30, 1:20, 3:40, 4:40, 7:00, 8:00, 10:20
RATATOUILLE (G) 2:00, 4:45, 7:20
LIVE FREE OR DIE HARD (PG13) 2:15, 5:05, 8:00
EVAN ALMIGHTY (PG) 2:45, 5:15, 7:45
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 5:10, 7:25
SHREK THE THIRD (PG) 3:00

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220

CAPTIVITY (R) 12:05, 2:30, 5:00, 7:30, 10:05
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:20, 3:30, 6:45, 10:00
LICENSE TO WED (PG13) 1:00, 3:20, 5:40, 8:10, 10:35
TRANSFORMERS (PG13) 12:00, 12:50, 3:10, 4:00, 6:30, 7:20, 9:55, 10:35
RATATOUILLE (G) 1:30, 4:25, 7:25, 10:20
LIVE FREE OR DIE HARD (PG13) 12:55, 3:55, 6:55, 9:50
1408 (PG13) 12:10, 2:45, 5:15, 8:05, 10:30
EVAN ALMIGHTY (PG) 12:35, 3:05, 5:30, 8:00, 10:25
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 12:25, 2:50, 5:20, 7:50, 10:10
— **AMC SELECT** —
TALK TO ME (R) 12:15, 1:15, 3:15, 4:15, 6:15, 7:15, 9:15, 10:15

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
1-800-FANDANGO #713

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 12:00, 3:10, 6:30, 10:00

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

PRESENTED IN DIGITAL PROJECTION

RATATOUILLE (G) 12:55, 4:05, 6:50, 9:30
HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) ✓ 11:20, 12:20, 1:15, 2:25, 3:30, 4:40, 5:45, 7:00, 8:00, 9:05, 10:05, 11:00
LICENSE TO WED (PG13) 12:25, 2:45, 5:10, 7:35, 10:00
TRANSFORMERS (PG13) 12:05, 1:50, 3:20, 5:05, 7:10, 8:35, 10:25
RATATOUILLE (G) 11:30, 2:15, 5:15, 7:55, 10:35
LIVE FREE OR DIE HARD (PG13) 11:35, 1:05, 2:40, 4:10, 5:40, 7:05, 8:45, 10:10
1408 (PG13) 1:25, 4:25, 7:15, 9:55
EVAN ALMIGHTY (PG) 12:15, 2:50, 5:25, 7:50, 10:20
EVAN ALMIGHTY (PG) 12:15, 2:50, 5:25, 7:50, 10:20
FANTASTIC FOUR: RISE OF THE SILVER SURFER (PG) 7:25, 9:50
OCEAN'S THIRTEEN (PG13) 1:20, 4:20, 7:20, 10:15
KNOCKED UP (R) 1:40, 4:45, 7:45, 10:45
— **AMC SELECT** —
EVENING (PG13) 1:45, 4:30
SICKO (PG13) 1:30, 4:15, 10:30

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

CAPTIVITY (R) ✓ 1:30, 4:45, 7:15, 9:40
LICENSE TO WED (PG13) 10:45, 1:00, 3:10, 5:20, 7:35, 9:50
TRANSFORMERS (PG13) 12:40, 4:10, 7:20, 10:30
RATATOUILLE (G) 1:20, 4:30, 7:10, 9:45
LIVE FREE OR DIE HARD (PG13) 1:10, 4:15, 10:00
EVAN ALMIGHTY (PG) 12:50, 3:00, 5:10
OCEAN'S THIRTEEN (PG13) 7:30, 10:10
KNOCKED UP (R) 7:25, 10:25
PIRATES OF THE CARIBBEAN: AT WORLD'S END (PG13) 12:30, 4:05

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

JOSHUA (R) 12:30, 2:50, 5:20, 7:50, 10:20
LICENSE TO WED (PG13) 10:45, 1:00, 3:10, 5:20, 7:35, 9:50
RATATOUILLE (G) 12:00, 2:40, 5:40, 8:10, 10:45
LIVE FREE OR DIE HARD (PG13) 12:10, 1:10, 4:00, 5:30, 7:00, 9:40, 10:30
1408 (PG13) 12:50, 3:00, 5:10, 7:40, 10:10
OCEAN'S THIRTEEN (PG13) 1:30, 4:40, 7:30, 10:15
KNOCKED UP (R) 1:00, 3:50, 6:50, 9:30

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

CAPTIVITY (R) 1:10, 4:20, 7:20
NANCY DREW (PG) 12:20, 2:45, 5:00, 8:00
SURF'S UP (PG) 12:00, 2:00, 4:00, 7:00
KNOCKED UP (R) 1:20, 4:10, 7:10
SHREK THE THIRD (PG) 12:30, 2:35, 5:10, 8:10
— **AMC SELECT** —
A MIGHTY HEART (R) 12:15, 2:25, 4:50, 7:50
WAITRESS (PG13) 12:00, 2:15, 4:30, 7:30
AVENUE MONTAIGNE (PG13) 12:15, 2:25, 4:40, 7:40

LOEWS DUPONT 5

1350 19th St.
1-800-FANDANGO #711

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:00, 4:00, 7:15
JOSHUA (R) 1:45, 4:30, 7:30
LICENSE TO WED (PG13) 2:00, 5:00, 8:00
OCEAN'S THIRTEEN (PG13) 4:45, 7:45
KNOCKED UP (R) 1:15, 4:15, 7:00
— **AMC SELECT** —
EAGLE VS. SHARK (R) 1:30

LOEWS WHITE FLINT 5

North Bethesda
1-800-FANDANGO #741

HARRY POTTER AND THE ORDER OF THE PHOENIX (PG13) 1:50, 4:35, 7:35, 10:15
TRANSFORMERS (PG13) 2:00, 4:45, 7:30, 10:15
RATATOUILLE (G) 2:00, 4:40, 7:15, 9:50
EVAN ALMIGHTY (PG) 2:30, 5:00, 7:25, 10:10
OCEAN'S THIRTEEN (PG13) 2:05, 4:35, 7:25, 10:05

✓SPECIAL ENGAGEMENT No passes or discount coupons

CC - Closed Captioning - DV - Descriptive Video Service

Times for Tuesday, July 17, 2007

Worry Worry Worry



- Are you worried or anxious most of the time?
- Do others tell you that you worry needlessly or worry too much?
- Are you so agitated that you can't enjoy your life?
- Are you so on edge that your health is affected?
- Do you suffer from shortness of breath, palpitations, difficulty sleeping, excessive sweating, or abdominal distress?

THE GEORGE
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WASHINGTON DC

If so, you may have Generalized Anxiety Disorder

If you are at least 18 years of age, you may qualify to participate in a research study in which you will receive investigational medication and study-related procedures at no cost. This study is located near the Foggy Bottom Metro station.

For information, call (202) 994-2273
www.researchGW.com

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Are you overweight?

- Do you have Type 2 Diabetes?
- Are you 18-70 years of age?
- Are you looking to lose weight?
- Are you willing to participate in a 1-year research study involving approximately 15 outpatient visits?

If yes, then you may qualify for a weight loss research study of an investigational medication.

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Television



EASILY FOUND: Warner Bros. has renewed the drama "Without a Trace," starring Anthony LaPaglia, for two more years of off-network broadcast syndication. Meanwhile, the show enters its sixth season on CBS this fall.

Sounds Like Fun?

'Without Prejudice?' is a game involving snap judgements

MIND GAME | I've always seen GSN as a safe refuge from harsh realities. It's an alternate universe where Charles Nelson Reilly is turning a deeper shade of orange and sharing slightly bawdy banter with Brett Somers and Gene Rayburn.

Things change. GSN presents "Without Prejudice?" (9 p.m., GSN), a psychology experiment masquerading as a reality show offering a weekly variation on "Twelve Angry Men." There's a cash prize. Does that make



PROFESSIONAL: Dr. Robi Ludwig moderates the awkwardness on GSN.

it a game show?

On "Prejudice," a panel of five people is asked to judge another group of five located in the next room. In each episode, the panelists will vote off players one by one and reward the last person \$25,000. And they are encouraged to vote for and against players based on their gut instincts.

"Prejudice" is not without sociological import. We live in an age when writers like Malcolm Gladwell, in his book "Blink," tell us that all of our major decisions are snap judgments. Also, "Prejudice" reflects an unpopular ethos. We give money to people we like (and refuse money to people we hate) because we feel like it. It specifically forbids players to reveal what they would do with the winnings until the game is over. **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

PERFECTION ISN'T FUNNY

A therapist trades quips with his feisty mother, wacky fellow doctor, gorgeous wife and three cute, precocious children on the new sitcom **THE BILL ENGVALL SHOW** (9 p.m., TBS).

DARNED FORCE FIELD!

A force field poses problems on **EUREKA** (9 p.m. Sci Fi).

PUNGENT PROFESSION

Mike learns the old art of tanning leather on **DIRTY JOBS** (9 p.m., Discovery).

TAKING SIDES

A magazine article divides the clubhouse on **THE BRONX IS BURNING** (10 p.m., ESPN), part two of eight.

LUNCH WITH FRAN DRESCHER

Scary personal visions unfold on **ROOM 401** (10 p.m., MTV).



EUREKA! Colin Ferguson tackles a force field tonight on the Sci Fi Channel.

TRAGIC END

A brainy student buys the farm after a booze binge on **LAW & ORDER: SPECIAL VICTIMS UNIT** (10 p.m., NBC). **KEVIN MCDONOUGH** (UNITED FEATURE SYNDICATE)

7:17:07	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC [4] News (N) [66]		NBC Nightly News	Access Hollywood	America's Got Talent The 20 finalists perform. (N) [66]		The Singing Bee		Law & Order: Special Victims Unit [66]	News (N) [66]	News (N) [66]	Tonight Show
	WTTG [5] Seinfeld [66]	The Simpsons [66]	The Simpsons [66]	Seinfeld [66]	On the Lot (S Live) (PA) [66]		House "One Day, One Room" [66]		News (N)	News (N)	News (N)	Every-Raymond
	WJLA [7] News (N) [66]	ABC Wild News	Wheel of Fortune	Jeopardy! (N)	Just For Laughs	Just For Laughs	Shaq's Big Challenge (N) [66]		Primetime: Family Secrets (N) [66]	News (N) [66]	News (N) [66]	(35) Nightline (N)
	WUSA [9] News (N) [66]	Evening News	News	Entertainment	NCIS "Shalom" [66]		Big Brother 8 (N) [66]		Pirate Master (N) [66]	News (N) [66]	News (N) [66]	Late Show
	WDCB [20] Judge Judy [66]	Judge Joe Brown	Scrubs [66]	Scrubs [66]	** "In My Country" (2004) Samuel L. Jackson, Juliette Binoche. [66]				Still Standing [66]	Still Standing [66]	Malcolm-Mid.	Malcolm-Mid.
	WMPT [22] The NewsHour With Jim Lehrer (N)	Business Rpt.	Business Rpt.	Outdoors Md.	Nova "NOVA scienceNOW" [66]		The Appalachians [66]		Wide Angle "Back to School" [66]		Dome Car Magic	Roadshow FYI
	WETA [26] BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Moneywise	Nova "NOVA scienceNOW" [66]		Tornado Diary Storm chaser footage.		Wide Angle "The Sand Castle" [66]		Charlie Rose (N) [66]	Charlie Rose (N) [66]
	WHUT [32] World Business	Tavis Smiley [66]	BBC World News	Moneywise	Mystery! "Foyle's War, Series IV: Invasion" [66]		Minds Behind		BBC World News	Tavis Smiley [66]	Charlie Rose (N) [66]	Charlie Rose (N) [66]
	WDCW [50] My Wife and Kids	My Wife and Kids	Friends [66]	Friends [66]	Gilmore Girls "Farewell, My Pet" [66]		Beauty and the Geek [66]		Will & Grace	Will & Grace [66]	Sex and the City	Sex and the City
BASIC CABLE	A&E	Cold Case Files [66]	CSI: Miami "Blood Brothers" [66]	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel
	Animal	The Crocodile Hunter Diaries [66]	The Most Extreme	Foiled by Nature	Wild Kingdom		Animal Precinct Recovering victims.		Animal Precinct		The Most Extreme	Foiled by Nature
	BET	106 & Park: BET's Top 10 Live [66]		Hell Date [66]	** "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce. [66]		Baldwin Hills		Hell Date [66]		Take the Cake (Live) [66]	
	Bravo	The Word According to Whoopi	Kathy Griffin Is... Not Nicole Kidman	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List	Kathy Griffin: My Life on the D-List
	Comedy	(5:00) * "Drive Me Crazy" (1999)	Scrubs [66]	Scrubs [66]	Daily Show	Colbert Report	Chappelle's Show	South Park [66]	Bill Engvall: 15 Degrees Off Cool	Daily Show	Colbert Report	Colbert Report
	Court	World's Wildest Police Videos [66]	Cops [66]	Cops [66]	Cops [66]	Cops [66]	Forensic Files	Forensic Files	Dunne: Power, Privilege & Justice	North Mission	Haunting Evid.	Haunting Evid.
	Discovery	Cash Cab	Cash Cab (N)	Really Big Things "Giant Tree Spade" [66]	Dirty Jobs Wine making. [66]		Dirty Jobs New York tannery. (N)		Build It Bigger The M-1 Abrams tank.	Man vs. Wild "Ecuador" [66]		
	DISCH	Code Blue "Baptism By Fire" [66]	Impact: Stories of Survival [66]	Sextuplets Turn 12 [66]	Kids by the Dozen "The Jeub Family" [66]		Jon & Kate Plus 8		Jon & Kate Plus 8	Sextuplets Turn 12 [66]		
	Disney	Zack & Cody	Zack & Cody	Hannah Montana	Zack & Cody	"Halloweentown II: Kalabar's Revenge" (2001) [66]	Phil of the Future	That's So Raven	Life With Derek	Zack & Cody	Hannah Montana	Hannah Montana
	E!	The Soup	Best-Talent	E! News (N)	The Daily 10 (N)	THS Investigates: Curse of the Lottery	Simple Life	Simple Life	Simple Life	E! News	Chelsea Lately	Chelsea Lately
	FX	(5:00) *** "Men of Honor" (2000) Robert De Niro, Cuba Gooding Jr.		** "The League of Extraordinary Gentlemen" (2003, Fantasy) Sean Connery, Shane West.			That '70s Show		That '70s Show	** Sorority Boys		
	HGTV	Look What I Did!	What's-House?	If Walls Could	House Hunters	Designed to Sell	My First Place	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?
	Family	8 Simple Rules [66]	8 Simple Rules [66]	Grounded for Life	Grounded for Life	** "The Count of Monte Cristo" (2002) Jim Caviezel. A wrongly imprisoned man plots revenge on his betrayers.		The 700 Club [66]				
	History	Modern Marvels: Doodman Tech 1	Marvels: The Doodman Clock	Comets: Prophets of Doom [66]		The Universe (N) [66]		Ice Road Truckers [66]		Modern Marvels: Truck Stops [66]		
	Lifetime	Reba "The Wall" [66]	Still Standing [66]	Still Standing [66]	Side Order of Life "Pilot" [66]	"When Innocence Is Lost" (1997, Drama) Jill Clayburgh, Keri Russell. [66]		Will & Grace [66]		Will & Grace [66]		
	MTV	America's Next Top Model [66]	Parental Control	Parental Control	Rob & Big	Rob & Big [66]	Jackass [66]	Jackass [66]	Room 401 [66]	Scarred (N) [66]	Scarred (N) [66]	Scarred (N) [66]
	NICK	Zoey 101 [66]	Ned's School	Drake & Josh [66]	Drake & Josh [66]	SpongeBob	Home Videos	Full House [66]	Full House [66]	Full House [66]	Full House [66]	Full House [66]
	SCI FI	Stargate SG-1 "Crossroads" [66]	Tru Calling "Brother's Keeper" [66]	Tru Calling "Past Tense" [66]	Eureka Threatening force field. (N) [66]		ECW (Live)		Painkiller Jane Abusing powers. [66]			
	SPIKE	CSI: Crime Scene Investigation [66]	CSI: Crime Scene Investigation [66]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond
	TBS	Seinfeld [66]	Seinfeld [66]	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond	Every-Raymond
	TLC	Flip That House	Flip That House	Hard Shine Trainees compete.	American Chopper "Intel 1"		Miami Ink "Facing Changes"		Miami Ink (N)		Miami Ink Medium. [66]	
	TNT	Law & Order "Darwinian" [66]	Law & Order "Missing" [66]	Law & Order "Kid Pro Quo" [66]	Law & Order "The Brotherhood" [66]		The Closer "Round File" [66]		Without a Trace "The Innocents" [66]			
	USA	Law & Order: Special Victims Unit [66]	Law & Order: Criminal Intent [66]	Law & Order: Criminal Intent [66]	Law & Order: Special Victims Unit [66]		** "Final Destination 2" (2003, Horror) Ali Larter, A.J. Cook. [66]		Rock of Love With Bret Michaels Bret takes pictures. [66]		Pop Culture	
	VH1	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	Hogan Knows	World Series of Pop Culture (N) [66]				
SPANISH	TELEM	Daniela	Noti-Telemundo	Dame Chocolate	Madre Luna		Zorro - La Espada y la Rosa		La Esclava Isaura		Noti-Telemundo	Fútbol Telemundo
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Amar sin Limites		Destilando Amor		Ver Para Creer		Primer Impacto	Noticiero Univ.
SPORTS	ESPN	SportsCenter (Live) [66]		NFL Live [66]	2007 World Series of Poker (Taped)		2007 World Series of Poker (Taped)		The Bronx Is Burning (N) [66]		SportsCenter (Live) [66]	
	ESPN2	Hot Rod TV	NASCAR Now	Interruption	WNBA Basketball Minnesota Lynx at Connecticut Sun. (Live) [66]		WNBA Basketball Seattle Storm at Phoenix Mercury. (Live) [66]				PBA Bowling	
	CSN	Washington	SportsNite [66]	SportsNite	Terrapins Rising		Washington Post Live		SportsNite (Live) [66]		Best Damn Sports Show Period (Live)	
NEWS	CNN	Lou Dobbs Tonight [66]	The Situation Room	Paula Zahn Now [66]	Larry King Live [66]		Hannity & Colmes (Live) [66]		Anderson Cooper 360 [66]		The O'Reilly Factor	
	FNC	Special Report (Live) [66]	The Fox Report With Shepard Smith	Countdown With Keith Olbermann	MSNBC News Live		MSNBC Investigates Louisiana.		Under Suspicion -- Aisenbergs			
	MSNBC	Tucker (Live)	Hardball [66]									
MOVIES	AMC	(3:30) *** "The Godfather, Part II" (1974, Drama) Al Pacino. R' [66]		*** "The Godfather, Part III" (1990, Crime Drama) Al Pacino, Diane Keaton. A dignified don joins his wild nephew in a Sicilian vendetta. R' [66]								
	TCM	*** "Too Hot to Handle" (1938, Comedy) Clark Gable. 'NR' [66]		** "Julie" (1956, Suspense) Doris Day, Louis Jourdan. 'NR' [66]					** "Come Fly With Me" (1963, Romance-Comedy) Dolores Hart. 'NR' [66]			
	HBO	*** "The Sisterhood of the Traveling Pants" (2005) Amber Tamblyn. 'PG'		** "My Super Ex-Girlfriend" (2006) Uma Thurman. [66]					REAL Sports With Bryant Gumbel (N)	Entourage [66]	Hairspray: 1st	
	MAX	(4:15) Miami Vice	*** "Absolute Wilson" (2006) Premiere. 'NR'	(15) ** "King Ralph" (1991, Comedy) John Goodman. [66]					** "She's the Man" (2006) Amanda Bynes. [66]	'PG-13'	Sin City Diaries	
	SHOW	(5:15) ** "Meatballs" (1979) 'PG'		*** "Crimson Tide" (1995) Denzel Washington. iTV. [66]					*** "Scream 2" (1997, Horror) David Arquette. iTV. [66]			
	TMC	(5:30) "Jimmy Glick in Lalawood" R'		* "The Scarlet Letter" (1995, Drama) Demi Moore. [66]					(15) ** "The Man in the Iron Mask" (1998, Adventure) Leonardo DiCaprio. [66]		Body of Evidence	
	STARZ!	(5:50) ** "The Night Listener" R'		(15) ** "The Shaggy Dog" (2006, Comedy) Tim Allen. [66]					** "The Guardian" (2006, Drama) Kevin Costner, Ashton Kutcher, Sela Ward. [66]		All the King's Men	
	ENCORE	(05) *** "Romancing the Stone" (1984) Michael Douglas. [66]		* "D2: The Mighty Ducks" (1994, Comedy) Emilio Estevez. [66]					*** "Eight Below" (2006, Adventure) Paul Walker. [66]			

Moodswings?

Has your life been a roller coaster of highs and lows?

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We are conducting a clinical research study for men and women who suffer from Chronic Constipation. Volunteers must be at least 18 years of age, have fewer than 3 bowel movements per week, and be able to complete a daily phone questionnaire during the study participation. All office visits, medical evaluations, and study medication or placebo related to this study will be provided at no cost to participants.

For more information on the research study or to find out if you may be eligible, please contact:

MARYELLEN ROYALTY, RN
(301) 681-3329

Capital Gastroenterology Consultants, P.A.
10801 Lockwood Drive, Suite 200
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Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults aged 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

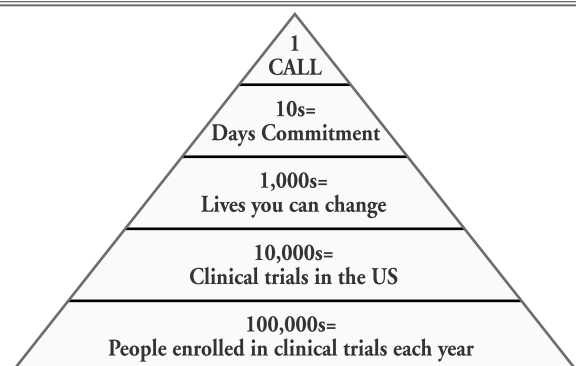
This experimental vaccine does not cause HIV infection.

Please call:

301-251-8351

www.hivresearch.org/clinical-trials

You will be compensated for your time.



Thousands of new drugs and treatments are under development each day in the US. These studies cannot go forward without the help of people just like YOU.

- Healthy Volunteers 18-45
- All Volunteers will be compensated for their time
- Enrolled volunteers will receive a physical and blood work

CALL **1-866-750-2165** to learn more.



Do you or someone you love suffer from FIBROMYALGIA?

Fibromyalgia is a chronic pain illness which is characterized by widespread aches, pains, stiffness, and fatigue. Fibromyalgia can also affect your sleep.

Volunteers are needed to participate in a clinical trial study of the safety and effectiveness of an investigational medication for the treatment of Fibromyalgia.

Qualified participants must be 18 years or older and may receive study medication, study related care and diagnostic exams at no cost.

Call: **(301) 770-7375**

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Are you infected with Hepatitis C?

If so, you may want to learn more about a clinical trial being conducted in your area. Study participants will receive (at no cost):

- Regularly scheduled study-related doctor appointments
- Close monitoring and study-related care
- Study medication (No placebo)

If you are 18 years of age and older and have been told by a doctor that you have Chronic Hepatitis C (CHC), you may qualify for this research study.

Please call now for more information (410) 465-2455

Are you bothered by the pain and urgency of Irritable Bowel Syndrome?

Washington Gastroenterology is currently in search of female volunteers for a research study testing an investigational medication for the treatment of Irritable Bowel Syndrome and associated diarrhea.

Qualified study participants must be at least 18 years of age and otherwise healthy. IF you are eligible to participate all laboratory and professional services for this research study are provided at no cost to you. You may also be compensated for your time and travel.

For more information, please call 410-465-2455



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DIABETES?

Do you have diabetes and nerve pain in your legs, feet &/or hands? .. a condition called painful diabetic neuropathy

You may be eligible to participate in a 12 week research study that will examine the safety and effectiveness of an investigational medication that may help control painful neuropathy (pain caused by diabetes changes in nerves in the hands and feet). To qualify for this study, you must be 18 - 75 years old, have Type 1 or 2 Diabetes and painful diabetic peripheral neuropathy.

If you qualify, you will receive at no cost:

- Study medication
- Study-related medical care and testing
- Compensation for travel to clinic for study visits.

For more information call:

Patricia Julien-Williams RN, MSN, CANP

Clinical Research Coordinator

MedStar Diabetes Institute @ Washington Hospital Center

Phone: 202-877-2384 Email: patricia.julien-williams@medstar.net

ASTHMA YEAR ROUND?

If you are using daily asthma medications, you may be eligible for a 16 visits, year long research study of a currently marketed asthma medication. Compensation for time and travel.

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- Non-smokers
- Still having symptoms

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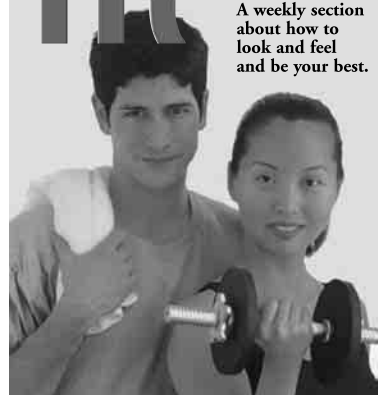
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TOLL FREE: (888) 926-9211

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AD BONE MARROW 03/07

IT'S 4:19..... GOT A MINUTE?

Then call about participating in a research study!

You may be eligible if:

- You currently use marijuana and have used marijuana at least one year
- Are between the ages 18-45

Studies will be conducted in the Clinical Pharmacology Unit of a research facility in Bethesda, MD.

CALL 1-866-750-2165 FOR MORE INFORMATION

All information is confidential!!

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If you feel this way more days than not for a period of six months or more, you may have Generalized Anxiety Disorder and may qualify for this research study. Participants will receive study-related medical care at no cost.

Give us a call

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DIFFERING OPINIONS: An AP-Ipsos poll shows 55 percent of minority fans want Barry Bonds to break Hank Aaron's home run record, while only 34 percent of non-Hispanic white fans do. Last October, just 34 percent of minorities in an AP-AOL poll were rooting for Bonds to make history.



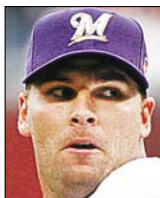
Sports

In Brief

BASEBALL

Brewers' Staff Ace Sheets Heads to the 15-Day DL

The Brewers placed pitcher Ben Sheets on the 15-day disabled list Monday with a sprained finger on his pitching hand. The right-hander was injured Saturday during his start against Colorado. Sheets, who turns 29 on Wednesday, said he "felt something pop, snap." Monday's MRI revealed no further damage to the finger, and Sheets (10-4) was expected to have additional tests Tuesday. (AP)



Sheets

REDSKINS

Redskins Sign 6th-Rounder

The Washington Redskins signed their sixth round draft pick, linebacker H.B. Blades, on Monday and agreed to terms with linebacker Dallas Sartz, a fifth-round pick, and quarterback Jordan Palmer, a sixth-rounder. Blades had 433 tackles, four sacks, six interceptions and 15 pass deflections at Pitt. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON MASN) Tim Redding gets the start for the Nationals, who host the Houston Astros.

ORIOLES (10 P.M. ON MASN2) Surprise story Jeremy Guthrie tries to bounce back from an awful start against last year's surprise story Felix Hernandez and the Mariners.

CYCLING (7:30 A.M. ON VERSUS) Stage 9 of the Tour de France takes riders from Val-d'Isere to Briancon and moves them out of the Alps.

Nats Long for Brewers' Blueprint

NATS NOTES

RARELY IN THE LAST SEVERAL DECADES has a manager expressed the sincere desire to be more like the Milwaukee Brewers.

But Manny Acta did. That's because, implausibly, the Brewers are among the best teams in the game. Go ahead, read that twice. It's not a typo.

Even as the Washington Nationals took two of three games from Milwaukee earlier this month at RFK, the Brewers flashed the power, the pitching and the youthful swagger of a team that built itself up from the minor leagues.

"That's what everybody wants to do in baseball because it's your own guys and you don't have to spend that much money bringing in free agents," said Acta. "But at the same time, you have to be very patient. They haven't been what they are now the last couple of years. They had to go through some tough times."



Ryan Zimmerman, left, is one of the Nationals' few home-grown everyday players.

The Nationals already have gained some respectability because, despite their struggles, they haven't given in to the perilously low expectations placed on them by outsiders or the bushels of injuries heaped on them by fate.

"I just try to make them better, and I think they have gotten better," Acta said. "I don't think any of us get tricked into these types of jobs. They tell us right off the bat. I think everybody knows what they're getting into."

Millar Has Found a Role in Baltimore

Veteran says he prefers to stay with the O's as trade deadline nears

ORIOLES | Kevin Millar would rather help the Baltimore Orioles become a winner than join a club that already is one.

As the July 31 non-waiver trade deadline nears, it's a sure bet the Orioles will be fielding offers for Millar, a playoff-tested veteran who's as valuable in the clubhouse as he is at the plate.



Kevin Millar has seen an increased role under new manager Dave Trembley.

If the Orioles deal Millar to a contender, the 35-year-old first baseman would be playing significant games in August and September for the first time since his days with the Boston Red Sox in 2003-05.

But if it was up to him, Millar would stay with the fourth-place Orioles.

"I've established some playing time consistently, and I'm doing what I'm capable of doing," Millar said. "So, maybe I can stay here and be an Oriole."

Millar has gone 27-for-70 (.386)

Hit-Starved Jimenez

If you scoured the Triple-A box scores earlier this season, you'd have thought D'Angelo Jimenez was one of the top prospects in the game. In 50 games, he batted .368 for Columbus.

So, why is he batting .040, just one hit in 25 at-bats, for the Nats?

Acta says he's a victim of circumstance, with nearly all his appearances coming in pinch-hit situations.

"It's a tough job," Acta said. "It's tough to get into a rhythm when you're only getting one at-bat a game. Some guys, it takes them longer to adjust to that role."

Gone Prospecting

Ross Detwiler, the Nationals' first-round pick in last month's draft, is expected to make his professional debut on Thursday for Washington's Gulf Coast League affiliate. General manager Jim Bowden has said if the left-hander performs well over the next several weeks, he could be called up in September. DEREK TURNER



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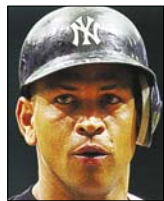
Sports

Swengali

BASEBALL | BY MATT SWENSON

No One in MLB Is Worth \$30M

HAVING PROVEN over the past seven years that no player is worth \$25 million per year, it appears that Alex Rodriguez is planning to prove that no one is worth \$30 million.



Rodriguez

The big question in baseball is whether the two-time American League MVP will opt out of the final three seasons of his 10-year, \$252 million contract in the offseason.

Desperate to retain one of

Major League Baseball's shrinking number of productive millionaires, New York offered to negotiate mid-season with the third baseman — an unheard of move by the organization.

A-Rod balked at the request, preferring to settle things after he completes what appears to

A career year for Rodriguez means one of the greatest seasons ever in the sport.

be a career year. And a career year for Rodriguez means one of the greatest seasons ever in the sport.

Backed by uber-agent Scott Boras, Rodriguez seems to think he can land a contract worth \$30

million per year.

He's probably right, given that the deep-pocketed Boston Red Sox, L.A. Angels and Chicago Cubs are sure to pursue him.

He is the best player in the game. Yet, has anyone noticed the decided lack of championships under Rodriguez's belt?

Even in the midst of his amazing statistical year (31 homers, 87 RBI at the All-Star break), the Yankees are in danger of missing the playoffs for the first time since 1995.

It's not Rodriguez's fault that the Bronx Bombers are duds this season.

It does underscore, though, that one player doesn't make all the difference in baseball.

If someone as great as A-Rod isn't worth \$30 million, no one is. Now we'll have to see which owner pays the price to prove it.



To reach Matt Swenson, e-mail matt.swenson@readexpress.com

CYCLING | ON THE NINTH DAY, THEY RESTED



FRANCK FIEFF/GETTY IMAGES

YOU CALL THAT A BREAK? Oscar Pereiro and his teammates ride up a mountain in France during their off day on Monday. The Tour de France resumes on Tuesday with Pereiro 3:54 behind race leader Michael Rasmussen.



GOT A NATIONALS QUESTION? HE'S GOT THE ANSWER.

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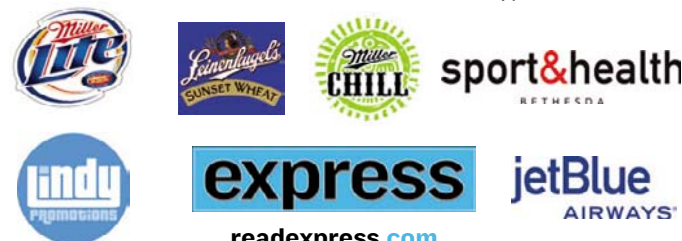
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CHARISMATIC CAREER CONCLUDES: Seve Ballesteros officially retired from competition Monday with five major championships and a record 50 victories on the European Tour. Ballesteros, 50, has coped with back injuries and said he no longer has a desire to compete.



Sports



Tiger Woods tries to hit the ball through the stiff wind and rain at Carnoustie during a practice round before the British Open.

Weathering the Storms

At the British Open, conditions can change at a moment's notice

GOLF | It was wicked one minute, wonderful the next. The rain and wind were so strong Monday morning at Carnoustie that Tiger Woods and Rod Pampling didn't even bother with umbrellas, and Woods took off his glove when he lost feeling in his ring finger. Later, Henrik Stenson sat on the practice range trying to decide

which sunglasses to wear. "It can turn in a hurry," Chad Campbell said. "We saw it today." Sweaters gave way to short sleeves. Coffee sales slowed as fans queued up at the ice cream stand. The weather is often the best defense in links golf, and it's what makes the British Open so unique. Along with being brutal, it can change without notice. But it has been on somewhat of a holiday since Woods' bid for the calendar Grand Slam in 2002 ended in a blast of arctic wind and stinging

rain at Muirfield that sent him to an 81, his highest score as a pro. Sure, there has been the occasional rain and a wee breeze, but nothing nasty. Charles Howell III has never really experienced a miserable day on the links. Monday, he was presented with the opportunity, and he didn't want to miss it. "I didn't play that year at Muirfield, and I don't know how it compared," Howell said. "I just wanted to play it and see. And it was really rough. It was very rough." (AP)

Wade May Miss Training Camp

NBA | A couple hundred people were crowded around Dwyane Wade on Monday, watching the stand-out Miami Heat guard take a ceremonial 16-footer to officially open a refurbished basketball court at a city park. It'll be a while before Heat fans see him attempt another shot. Although Wade said his reha-



Wade

bilitation from knee and shoulder operations is going well, the 2006 NBA finals MVP may not be ready to play when Miami opens training camp in early October — casting some doubt about whether the Heat's top scorer will be on the floor when the regular season begins. "I'm a fast healer, but my doctor really wants to make sure I'm well and I'm healthy and we don't have to go through this process again," Wade said at the court dedication. "He'd rather for me not to rush back to get in training camp and maybe aggravate something early in the season." TIM REYNOLDS (AP)

MLB STANDINGS

THROUGH JULY 15'S GAMES

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	55	36	.604	—	30-16	25-20
New York	45	44	.506	9.0	26-18	19-26
Toronto	45	46	.495	10.0	26-19	19-27
Baltimore	41	50	.451	14.0	22-22	19-28
Tampa Bay	35	56	.385	20.0	20-27	15-29

CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	54	36	.600	—	25-19	29-17
Cleveland	54	37	.593	0.5	33-13	21-24
Minnesota	49	43	.533	6.0	26-20	23-23
Chicago	40	50	.444	14.0	19-25	21-25
Kansas City	39	52	.429	15.5	20-28	19-24

WEST

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	55	36	.604	—	31-14	24-22
Seattle	51	38	.573	3.0	29-17	22-21
Oakland	44	48	.478	11.5	23-23	21-25
Texas	39	52	.429	16.0	22-22	17-30

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	51	40	.560	—	26-20	25-20
Atlanta	50	42	.543	1.5	25-21	25-21
Philadelphia	46	45	.505	5.0	24-22	22-23
Florida	44	48	.478	7.5	19-26	25-22
Washington	37	54	.407	14.0	19-27	18-27

CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Milwaukee	51	40	.560	—	32-14	19-26
Chicago	47	43	.522	3.5	23-21	24-22
St. Louis	41	47	.466	8.5	21-22	20-25
Pittsburgh	40	51	.440	11.0	22-24	18-27
Houston	39	53	.424	12.5	24-22	15-31
Cincinnati	37	55	.402	14.5	20-26	17-29

WEST

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	52	40	.565	—	26-20	26-20
San Diego	50	40	.556	1.0	25-20	25-20
Arizona	49	44	.527	3.5	27-20	22-24
Colorado	45	46	.495	6.5	26-19	19-27
San Fran.	38	51	.427	12.5	21-24	17-27

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The amount, in millions of dollars, the Lions agreed to pay DT Cory Redding over seven years, making him the NFL's highest-paid tackle. Redding had 48 tackles and eight sacks last year.

Sports

Wizards Sign Stevenson

Team's sharpshooter will reportedly return for 4 more seasons

WIZARDS | Guard DeShawn Stevenson re-signed with the Washington Wizards on Monday, keeping Gilbert Arenas' running mate and pal in the club.

"DeShawn plays a key role for us, and he fits in very well with our team," Wizards president Ernie Grunfeld said. "He understands and has accepted his role. DeShawn is a hard-nosed competitor who wants to win."

The team wouldn't disclose the terms of the deal, which was agreed to late last week, but it's reportedly worth \$15 million over four years.

Stevenson averaged 11.2 points, 2.7 assists and 2.6 rebounds last season, his first with the Wizards. He



DeShawn Stevenson averaged 11.2 points, 2.6 rebounds and 2.7 assists last season.

was the only member of the team who appeared in all 82 regular-season games — starting each one — and averaged career highs in field-goal percentage (.461) and 3-point percentage (.404).

He and point guard Arenas

developed a rapport on and off the court. After a practice last season, Arenas and Stevenson staged a 3-point shooting competition, and a video of the contest wound up drawing hundreds of thousands of views on YouTube. (AP)

Mystics President Buys Golf Venue

GOLF | Washington Mystics president Sheila C. Johnson added a PGA Tour venue to her growing portfolio of properties.

Johnson, the CEO of Salamander Hospitality, announced the purchase Monday of the Innisbrook

Resort and Golf Club, a 900-acre resort featuring four championship golf courses including the famed Copperhead.

Johnson is the only woman to have a stake in three professional sports organizations. Along with

her duties as president and managing partner of the WNBA's Mystics, she's also a partner in Lincoln Holdings, which has an interest in the NBA's Wizards and the Capitals of the NHL.

Salamander Hospitality also owns Woodlands Resort and Inn near Charleston, S.C. (AP)

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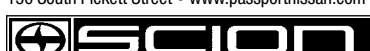
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College Park, MD 20740 301-441-8000
9330 Baltimore Ave • www.darcars.com

DARCARS NISSAN/VOLVO
Rockville, MD 301-309-3900
15401 Frederick Road • www.darcars.com

PASSPORT NISSAN of Alexandria
Alexandria, VA 866-367-9951
150 South Pickett Street • www.passportnissan.com



355 TOYOTA/SCION
Rockville, MD 301-309-3917
15131 Frederick Road • www.darcars.com



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3570 Jeff Davis Hwy • www.alexandriatoyota.com



KOONS ARLINGTON TOYOTA
Arlington 888-837-8657
4045 Lee Highway • www.koons.com

KOONS TYSONS TOYOTA
Vienna, VA 888-505-1137
8610 Leesburg Pike • www.koons.com



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Alexandria 888-683-3064
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JOBS

Activism

Save the Bay! Learn the basics of political organizing and fundraising while working with the Chesapeake Bay Foundation. Passion for the environment and good communications skills a must. Hours M-F 1:30-10:00p.m. 400-510/wk + bonus. Call Citizens Campaigns at 202-895-0420 ext 113.

ADMINISTRATIVE ASSISTANT

Are you a top Administrative Performer? Are you interested in employment at one of Washington's Best Places To Work? Do you have a good working knowledge of MS Word, type 55+ wpm? This is a dynamic position with growth potential in Rockville, MD. If this sounds like you, and you're ready for a change than please submit salary requirement and resume to contact@hbwgroup.com or fax 301-424-1491.



ADMINISTRATIVE/ DATA ENTRY ASSISTANT

Chantilly Law Firm seeks experienced administrative/ data entry assistant for high volume practice. Successful applicant must be detail oriented, possess excellent organizational and multi-tasking skills and have solid data entry/computer skills. E-mail resume and salary to kstone@logs.com or fax to 847-627-4791

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Candidates must:

- Have a Valid Drivers License
- Be at least 24 years of age
- Be able to work long and flexible hours

You also MUST have:

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- Very good communication skills

Call for an interview 301-423-1100



TEMPLE HILLS, MD

JOBS

Administrative PROJECT COORDINATOR AND ASSISTANT TO THE PRESIDENT

Combine your attention to detail and project coordination skills with your passion for women's health in a position with the National Breast Cancer Coalition/Fund. Seeking a candidate with 2 years or more experience. Work closely with our President to support her efforts in fundraising, advocacy, lobbying, and public outreach. Begin your day scheduling an appointment for her to meet with a studio executive in Hollywood; end the day researching a doctor who led a new breast cancer study; spend the hours in between composing letters to members of Congress, booking travel, and meeting with senior staff for updates on organizational projects. For more information, please visit our web site, www.stopbreastcancer.org. E-mail your resume, cover letter, writing sample & salary requirements to jobs@stopbreastcancer.org with "Project Coordinator/Asst to President" in the subject line.

Advertising Inside/Outside Sales (with a Future)

Seeking ambitious up-and-comer who is bright, fun, focused, and driven to exceed sales goals. Must be coachable, play well with others & work independently. Sell across our print and online advertising products. Prospect for and close new business. Be welcomed by your colleagues, enjoy a supportive management structure, develop your skills, and accelerate your career. Base starting at \$34K, earning potential up to \$100K. Top performers can earn \$80K in year one. For more information: www.washpostco.com. Resume to: talentsearch@washpost.com, Attn: IOEXP/IT

The Washington Post

We are committed to diversity & promote a drug-free environment.

ARTISTS, MUSICIANS, DANCERS - Do something meaningful! Entertain & lead activities for sm. group of seniors. Rockville. High-energy persons needed. Camp counselor or teaching exp. helpful. Activities incl. painting, movement, singing, conversation. 10-12 or 1-5:30 daily (flex # of days). Own trans req. Email resume: dianacaffee@yahoo.com

AUTO MECHANIC

Need experienced ASE Technician/MD Inspector for a gas station in Columbia area. Commission plus benefits. Call 410-903-7898.

Beauty Stylist—DC lic. Stylist wanted in busy salon at L'Enfant Plaza. Call 202-484-8830

BEAUTY/Stylist, Nail Techs., & Barber—Clients or w/o clients & booths for rent. Salary with commission. Benefits. 301-956-1650.

BILLING SPECIALIST

Venable LLP, one of the top 100 law firms in the U.S., seeks team-oriented Billing Specialist with a commitment to client service. Responsibilities include preparing and processing of client bills and performing bill reconciliations. The successful applicant will possess excellent analytical, organizational and communication skills. Previous billing experience in a professional services firm a plus. Requirements include data entry skills and a minimum two years billing experience. Extensive benefits package, including free gym membership. Please respond to: **Venable LLP**, Attn: Recruiter, 575 7th Street, N.W., Washington, D.C. 20004; or e-mail to jobs@venable.com EOE M/F/D/V

CABLE TV—Box Collectors. Evening and weekends. FT/PT. \$500-\$1000+/wk. Fredericksburg, Prince Wm, Loudoun, DC. 1-877-876-7600.

COUNSELORS - RESIDENTIAL

Weekend staff needed. Sat & Sun, 8am-8pm/8pm-8am for MR/DC citizens. Will assist with and supervise ADL's skills, household duties and outings. \$9/hour. H.S. Diploma or GED required. Apply in person Mon-Fri, 9am-4:30pm, TOTAL CARE SERVICES, 5780 2nd St., NE, Wash, DC 20011.

JOBS

Child Care



JOB FAIRS/OPEN HOUSES NEW CENTER OPENING

- **Seeking Infant, Toddler, Twos, Preschool Teachers.** Prefer AA/BA in ECE, 90 Hrs (in Maryland) or CDA with experience teaching in child care center.
- **Excellent benefits:**

Thursday, July 26, 2007,
3:30 p.m.-6:30 p.m. AND
Saturday, July 28, 2007
9:00 a.m.-12 Noon

NEW CENTER OPENING IN AUGUST, 2007
Bright Horizons at Crystal City
2451 Crystal Drive Suite 100
Arlington, Virginia 22202

METRO: Yellow Line to Crystal City. Take 18th Street Exit and turn left on 18th Street. Go 1 block to Crystal Drive and take right turn on Crystal Drive. Walk 2 blocks and look to the left. There will be a tall building with KBR sign on the roof. This building is 2451 Crystal Drive. Bright Horizons is located at Suite 100 on the Ground Floor.

Tuesday, August 31, 2007
3:30 p.m.-6:30 p.m.
Healthy Beginnings Family Center
5510 Fishers Lane
Rockville, MD 20852

METRO: Red Line to Twinbrook. Go downstairs and turn left. Walk through parking lot toward Twinbrook Parkway. At Twinbrook Parkway and Fishers Lane walk down Fishers Lane to the large building on the right-5600 Fishers Lane. Give name at front desk and someone from Bright Horizons will escort you to the center.

Thursday, August 2, 2007
3:30 p.m.-6:30 p.m.
National Science Foundation
4201 Wilson Blvd Suite 180
Arlington, Virginia 22203

METRO: Ballston Metro Stop Enter building at top of escalator and walk straight then slightly to the right. Take escalator to 2nd floor, through the double doors to the pedestrian bridge. Then enter NSF and walk straight ahead. Take stairs to go down to first level. Enter atrium. Bright Horizons is located on the left side of the atrium. Look for Sign on Door.

Saturday, August 4, 2007
9:00 a.m.-12:00 noon
Bright Horizons at 1111 Pennsylvania Avenue
1111 Pennsylvania Avenue NW
Washington, DC 20004

METRO: Go to Metro Center. Exit from F Street and turn Right. Go to right on 12th Street and go to Pennsylvania Ave and turn left. Center is immediately on the left. Bright Horizons sign in the window.

JOIN THE BRIGHT HORIZONS TEAM, HONORED EIGHT TIMES AS ONE OF FORTUNE MAGAZINE'S "100 BEST COMPANIES TO WORK FOR."

For more information contact
ptenley@brighthorizons.com

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JOBS

Clerical

Bailiff, # 193

VA Workers' Compensation Commission

Individual needed to organize case files, prepare courtroom, record testimony and maintain order for hearings in our Fairfax Regional Office, located at Prosperity Plaza. For job details and State application, go to Bulletin Board at <http://www.vwc.state.va.us/employment.htm>
Hiring Range: Up to \$28,000. Completed Commonwealth of VA Applications will be received until the position is filled.

You can apply online or send your application to the HR Office, VA Workers' Compensation Commission, 1000 DMV Dr., Richmond, VA 23220, (804) 367-8637, (804) 367-1782 FAX, jobs@vwc.state.va.us. Resumes without applications will not be considered. EOE

CNA—Exper'd. Live-in only. Must cook, \$85-\$95/day, 301-306-1444.

COMPUTER

JUNIOR PROGRAMMER/ QUALITY ASSURANCE ANALYSTS

Needed by innovative restaurant software development company. Ideal candidate **must** have Visual Basic knowledge. Prior experience with automated testing of software programs in a Windows environment, knowledge of RATIONAL TEST and previous restaurant experience would be a plus.

Mail, e-mail COVER LETTER, resume and salary history to:

Menusoft Systems Corporation
7370 Steel Mill Drive
Springfield, VA 22150
Attn: Paula Hagstrom
phagstrom@menusoft.com

CONSTRUCTION

Superintendent needed. All work in DC. Exper req'd. Fax 202-832-3421; Or call 202-832-3420
Custodian—Northern, VA opening. Exper. PT Mon-Fri. Call 703-813-5695

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed.
240-286-3660 or 301-568-8500

Dental Assistant/Front Office

Only experienced individuals need apply. Office in Temple Hills, MD. Fax resume to 301-702-2688.

DENTAL HYGIENIST—Quality care, strong work ethic & pleasing attitude desired in Bowie, 2 days/wk. Fax resume: 301-218-2455.

Dentist/Associate—in Severna Park. Call 410-356-5032

**DP Functional
Analyst II**
\$40,268-\$64,282

FT w/benefits located in Rockville, MD but will require travel throughout Maryland. This position will provide problem analysis & ongoing user support in a client server network based team development environment, coordinating system development & implementation, & training users on the functionality of applications for agency or Statewide systems housed on mainframe computers or large client server platforms. The ideal candidate will possess 1 yr exp in problem analysis & user support in a client server network based team development environment.

Submit a MS100 application by 7/25/07 to Dept of Juvenile Services - OHR, One Center Plaza, 120 W. Fayette St., Balto., MD 21201. To download the MS100 & for detailed info including degree requirements, go to www.djs.state.md.us or www.dbm.maryland.gov EOE

**MD Dept of
Juvenile Services**

DRIVER

\$150-\$300/wkend

Must have own van or PU truck. No SUVs. Wash/ Balto. areas. Call 703-898-2192 or 410-540-4920

JOBS

DRIVE—Deliver & make \$— A courier co in MD needs experienced couriers with own vehicle. We offer comm. + Gas incentives. Call 301-656-4086.

DRIVER \$- \$600-\$800 weekly comm. potential (depending on hours worked & number of deliveries) for qualified contractors with previous delivery experience & clean driving record. Map reading skills is a must. **Call Don 301-419-2626.**
Benefits offered by a third party company.

DRIVER \$- \$750-\$1,000 weekly comm. potential (depending on hours worked & number of deliveries) for route drivers with own cargo van. Must be familiar to Washington DC Metro area & it's traffic pattern. Qualified contractors with previous delivery experience, clean driving record & map reading skills must. **Call Dick (240) 264-3041.**
Benefits offered by third party company

Driver—Class A CDL with H & T endors. for local construction company. Call 301-277-8220

DRIVER

F/T Experienced driver/whse person with knowledge of DC/V A/MD areas. Motivated person w/ clean driving record. Benefits. 401K. Please apply betw. 8am-3pm to 4408 Wheeler Ave, Alexandria 22304 or fax resume to 703- 370-5902. Drug free facility.

DRIVER

SCHOOL BUS—Must have P&S endorsement & 2 yrs exp. Excel pay. 301-949-3897.

Drivers & Helpers

Immediate positions available in Beltsville and Baltimore, MD. No CDL license required. Some exper is a must. Apply in person at 10811 Tucker St, Beltsville, MD 20705.

DRIVERS & HELPERS WANTED

Nat'l moving Co now hiring. Lifting/loading nec. Clean DMV & bkgd check req'd. 3yrs exp in the moving industry. Up to \$17/hr. Call 703-256-6403

Drivers—TDC Flow, Inc is hiring PT owner-operators & movers. Must agree to bkgd check/drug test. Serious about your exp. Call 301-440-6162

Drivers/Warehouse

Publishers Circulation Fulfillment Inc

Is seeking Independent Contractors & Distribution Generalists

Contractors: Deliver newspapers and other publications. Early mornings 3:30am-6:00am. \$200-\$300 per wk. NW & NE Washington DC - Silver Spring, Takoma Park, PG County.

Generalists: Hyattsville, MD. Early AM hours. Perform daily truck off load, product set up, assist with route deliveries. Reliable car required.

Contractors call: 1-800-515-8000
Generalists call: 1-800-975-6034

DRIVING INSTRUCTOR

Looking for a driving school instructor to teach at a new driving school in Prince George's, MD. Must be lic'd. & certified. Call 240-432-4149 for further info.

EDUCATION

School Leader and Teachers

DC Bilingual Public Charter School (English/Spanish) is looking for the following:

- Director/Principal**
MA in ed or rel field & 3-5 years exp
- Elementary & PreK English Teachers**
BA, Praxis II & exp
- Elementary & PreK Spanish Teachers**
BA, Praxis II & exp
- Classroom Assistants**
AA or ParaPro & exp

Please send resume & cover letter indicating the position you are applying for to:
dcbilingualjobs@centronia.org
or 202-745-2562 (fax). EOE

FLYER DISTRIBUTION—Need energetic people to distribute flyers in Northern VA. You will need a car. Call Richy at (703) 913-2064.

Classifieds

JOBS

Floral Designer and Cut Flower Processor

Full-Time openings for both positions; Experience is required for Designer candidates; training is provided for Cut Flowers. Apply in person to: Johnson's Florist & Garden Center 4200 Wisconsin Ave., NW @Van Ness St

Food Service

Sodexo @ The George Washington University Hospital is seeking P/T general food service workers, cashiers, and baristas as well as experienced F/T Supervisor for our Starbucks operation. Strong customer service skills, evening and w/e work required in all positions. Fax resume to 202-715-4423, no walk-ins please. EOE

HOTEL

Courtyard by Marriott Capitol Hill/Navy Yard has the following positions open:

Chief Engineer
Executive Housekeeper
Housekeeping Supervisor
Room Attendants
AM/PM Servers
Utility/Bus Person
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Weekend Bartender
PT Front Desk Associate

NO PHONE CALLS PLEASE.
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Applications M-F 10a - 12n & 3p - 5p
EOE/M/F/D/V

HVAC**A/C Equipment Mechanic**

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, and compressors, etc. Secure government job, great benefits. Starting wages \$47,000. Call Mr. John Bixler at 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a/nga.asp>. The vacancy announcement number is #07-17. Applications will be accepted through 9/28/07.

Insurance**CUSTOMER SERVICE REP**

State Farm Insurance Agent in the American University area of NW Washington, DC seeking a Customer Service Representative to service policy holders and market insurance products. Email cover letter & resume to richard@richardfrick.com

Drivers/Warehouse**Publishers Circulation Fulfillment Inc**

Is seeking Independent Contractors & Distribution Generalists

Contractors: Deliver newspapers and other publications. Early mornings 3:30am-6:00am. \$200-\$300 per wk. NW & NE Washington DC - Silver Spring, Takoma Park, PG County.

Generalists: Hyattsville, MD. Early AM hours. Perform daily truck off load, product set up, assist with route deliveries. Reliable car required.

Contractors call: **1-800-515-8000**
Generalists call: **1-800-975-6034**

Drivers/Warehouse**Publishers Circulation Fulfillment Inc**

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Contractors call: **1-800-515-8000**
Generalists call: **1-800-975-6034**

LEGAL ASSISTANT/PARALEGAL

Silver Spring. Seeking top-flight fully experienced assistant for exciting litigation work. Top pay, benefits, training & more. Harmonious & nurturing workplace. See full details at markskatz.com/jobs.htm. Fax: 301-495-8815.

LEGAL SECRETARY

A small law firm in Bethesda specializing in securities, corporate, construction and commercial real estate law is seeking an experienced legal secretary. Applicant should be proficient with Microsoft Word, Access and Windows, type 60+ wpm, and be highly organized. The ideal candidate should be able to work in a fast-paced environment and be accustomed to working with both partners and clients. Experience supporting a transactional practice is a plus. Excellent benefits package includes: competitive salary, vacation and sick leave, firm provided parking or Metro allowance, health insurance, and 401(k). Position's hours are 9am until 5:30pm. Office is one block from Bethesda metro. Applicants should email a resume and cover letter with salary history to recruiter@randalaw.com.

MACHINIST

FT exp'd Machinist wanted. Excellent pay & benefits. Springfield, VA area. Call: 703-256-9550.

MANAGEMENT**Business Manager**
Do you have an analytical and strategic approach?

You will drive our growth strategy for our online and our print recruitment products. With a systematic and analytical approach, you will be able to capture new revenue streams by identifying customer needs through data analysis, listening to customer calls, and sales rep input. You will develop product and pricing strategies to maximize revenue. You will build, coach, motivate and provide direction for your team. Requires marketing analysis and management experience. Outbound sales or business development exp. preferred. More info: www.washpostco.com. Send resume to talentsearch@washpost.com, Attn: SMJOEBX/JT

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MARKETING ASSISTANT - FT

Needed for 2 imaging centers. Medical exper. a plus but will train. Good salary with benefits. Fax resume: **301-681-9141**.

Marketing**MEDIA PLANNER**

As a member of our Marketing Research Department, produce industry-specific sales strategy presentations and media recommendations that match Washington Post Advertising products with client target audiences and objectives. Requires strong data analysis skills, ability to communicate media research concepts and technical data to lay people both graphically and in written reports, excellent writing skills, and Bachelor's degree. Expertise in Excel and PowerPoint strongly preferred. For more info: www.washpostco.com Send a cover letter and resume to talentsearch@washpost.com. Subject line: **MPEXP/JT**

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Medical Assistant — Busy medical practice in DC seeking mature-minded person. 2 yrs. exper. mandatory. Mon-Fri, FT. Fax resume: 202-331-4189.

MEDICAL JOBS — Temp and Temp-to-Perm in physician offices. Immed openings for Med Asst's, Med Repts & RN's in Fairfax, Alexandria, Bethesda, Rockville & NWDC. Fax MSA 703-921-3861.

Medical Technologist

Theranostics Health has an immediate opening for a certified medical technologist. This individual will work with a leading group of scientists and medical technologists formerly with the NIH and FDA to develop and implement diagnostic procedures for the management of cancer. Qualifications include a B.S. in life sciences and certification through the ASCP. Two years experience in a clinical laboratory or a medical device development environment is required. Competitive wages and a benefits package are offered. Send resumes to: info@theranosticshealth.com

MENTAL HEALTH THERAPIST/COUNSELOR

Spanish-speaking P/T Clinical Therapist (LGSW, LICSW, MA in counseling/clinical psychology, doctoral candidate & psychologist) needed to provide individual therapy & family therapy in a home-based setting. Must have good writing skills. Rate of pay \$50/hr. Please email resume to: jwilli1126@aol.com

Mental Health**ResidentialYouth Care Worker**

For special needs teenagers. Requirements: high school diploma, mature, exper'd, no criminal or child abuse charges. Apply on site 1222 T. Street NW, Wash, DC.

MENTAL HEALTH**HOUSE MANAGER**

Needed for MR residential facilities. Will provide oversight management and supervise direct support staff. Vehicle is required. Must be able to work flex. hours. Salary: \$25k. Fax resume & cover letter: 202-526-7631 or Email: sonyab@totalcare1.com

NANNY—Live-in/out. For children: 7, 3 & newborn. Clean driving record & references required. Call evenings, 301-369-2860

No exp. req'd. Ideal for retirees. PT. See website for qualifications: www.newhomewatch.com or call: 480-600-5207.

NURSE PRACTITIONER

Licensed Nurse Practitioner, On-call, DC area clients. Top salary. 301-277-5711. LPI

ON-SITE COURIERS—P/T work, F/T pay. Eve hrs. Contract pay range \$700-\$1360/mo. Paid bimonthly. Background check. No felonies. Pickup truck req'd. Call 1-877-574-2587 ext. 2034

Pastry Chef/Master Baker/Baker/Oven Operator

Needed immediately in Sterling, VA. Must be able to work flexible schedule and weekends a must. Email resume to

debbie@federalbakers.us
or fax 703-312-6051.

Property Manager**BOOKKEEPER/COMPLIANCE**

Apt complex in PG County is looking for a Bookkeeper to post rent, make bank deposits, income cert & recert, bank rec, billing, AR & AP. Knowledge of affordable housing occupancy guidelines & tax credit. 1-2 yrs prop mgmt work exp. Computer literate. Send resume to jobs@emcmgmt.com or fax 301-562-1670

Restaurant

PIZZA MAKERS (FT/PT) & ASSISTANT MANAGERS in Falls Church. Good pay & flex hrs. Fax resume to 703-534-5160 or call Mike @ 703-534-4200

RESTAURANT

Busy rest. in Silver Spr. seeking exp'd **WAITSTAFF & CASHIER**. Call: 301-589-7055

Retail

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FOR IMMEDIATE INTERVIEW, APPLY IN PERSON:
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2:00pm to 6:00pm

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EOE

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RECEPTIONIST/SECRETARY

A small law firm in Bethesda has an immediate opening for a Receptionist/Secretary. The job includes performing administrative tasks such as answering the phone, filing, copying, faxing and organizing the firm calendar in Outlook as well as light typing. The ideal candidate should be highly organized with excellent communication and computer skills. Excellent benefits package includes: competitive salary, vacation and sick leave, firm provided parking or Metro allowance, health insurance, and 401(k). Position's hours are 9am-5:30pm. Office is one block from Bethesda metro. Applicants should email a resume and cover letter with salary requirements to: recruiter@randalaw.com.

RNs & CNAs

RNs needed for home visits. CNAs live in or live out. Call Distinctive 301-772-3245.

SALES—Advertising sales for magazine, trade shows & website. Fax resume to: 202-370-6882 or email to: dparker@diplomaticconnections.com

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Monday, July 16th & Tuesday July 17th
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Sales**Hard Chargers**

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Classifieds

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Chrysler 1998 Concorde—\$3495 obo, good cond, 91k mi, Metallic Green ext, cream int, 4 dr, lthr int, (email) lawsonsusa@verizon.net (home) 703 323 4462 (work) 301 669 3147 (cell) 703 501 9234

DODGE 1992 SPIRIT—Auto, V6, 4dr, 104k, runs/looks great. \$950. 202-744-7187 b

Ford 2000 Mustang—\$7600 obo, convertible, excel cond, 85k mi, Red ext, Beige lthr int, MACH sound, sport side stripes,202-257-0006,

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Mercedes-Benz 1997 S-Class—\$7500 obo, excellent cond, 144k mi, White ext, Beige Leather int, 4 dr, mem seats, 301 952 1164

Mercedes-Benz 1986 SL-Class—\$19950, excellent cond, 560SL, V8, 65k mi, Dark Silver ext, Burgandy int, 2 dr, lthr int, 2 tops, 610-858-5115

MERCEDES '83 300D—bik, good car. \$1900/Best offer. 703-608-1626

Nissan 1995 Pathfinder—\$2400 obo, fair cond, 139k mi, Cherry Red ext, Grey int, 5 dr, buckets, manual, cd, 202 742 6596

Safari 2000 Continental—\$95K OBO, Luxury,Excel cond,39k miles,CAT330HP Diesel,5 belts,2 slides, ready to go, full warr.,302-593-2409

Saturn 1995 SL—\$1799 obo, good cond, 159k mi, Grape ext, Gray int, 4 dr, air dr, automatic, rear win def, ps, 301-613-5686

shan 2007 MC 250—Cruiser scooter, \$1700.00 obo, mint cond, 22 mi, black, 202-528-7006, needs minor elect. work. but will run. bought new last week paid \$2400. This scooter is classified as a MC, because of its speed. call 202-528-7006,jay

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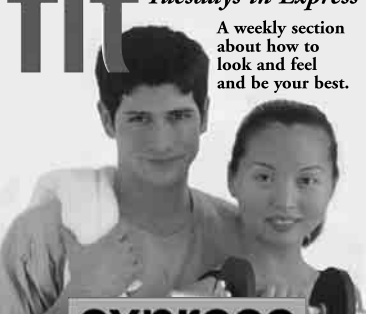
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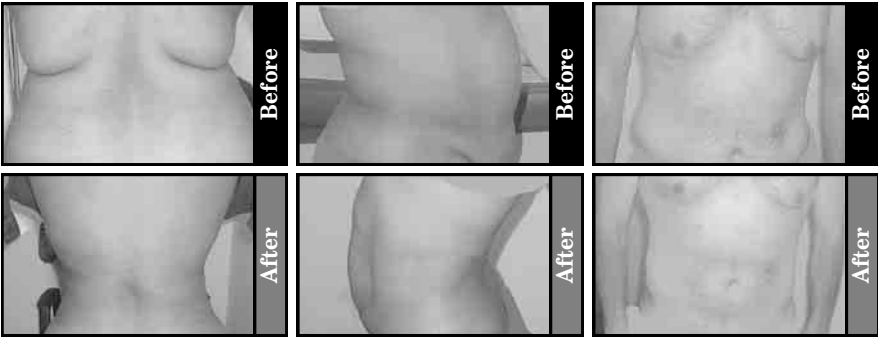
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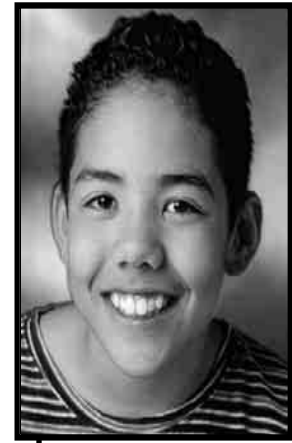
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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Travel

Obtaining a passport is a time-consuming challenge in the U.S.

Need a passport in a hurry? Good luck!

You can pay extra for expedited service from the State Department, but there are no guarantees. You can ask for an appointment at a passport center, but you may not get one. You can ask your congressman to intervene. Or you can hire a private expediter.

Whatever you do, the experience may leave you bitter.

"The last few months have been the most expensive, the most frustrating and the most nerve-racking time that I've had in my life," said James Meehan, a University of Southern California student who spent countless hours trying to get a passport for a trip to Brazil.

The six-week process for obtaining a passport ballooned to 12 weeks

when new regulations were imposed in January requiring passports for air travel from Mexico, Canada and the Caribbean. Last month those rules were relaxed, but a backlog for passports remains. Here are the options for desperate travelers:

→ You can pay \$60 plus overnight delivery fees for expedited service from the State Department. "The process can generally be completed in about two to three weeks," said Ann Barrett, deputy assistant secretary of state for passport services.

Maura Harty, assistant secretary of consular affairs, said that

Nowhere Fast

"we regularly provide passports in one day or, in some cases, the same day, for travelers with urgent needs," including "life-and-death emergencies."

→ You can try getting help or an appointment by phone. "We encour-

age applicants seeking expedited service to contact us first for an appointment. Depending on the situation, we may be able to provide expedited service without having them come to a passport office," Barrett said.

But getting through isn't

easy. "After 10 to 15 minutes of dead silence on the phone, you get a recording that says, 'We're sorry, there are no appointments available.' Then they hang up on you," said Meehan.

→ You can contact your congressional representative.

TICKET OUT: Neressa Cornwall checks passports for expediting company CIBT.

INSIDE

TV gives boys hair-raising ideas | **35**



Great Hand: Chad on poker's World Series | **36**

Shrinking Star: The dish on her weight loss | **38**

Rep. Ileana Ros-Lehtinen, R-Miami, who called the passport backlog "outrageous, incomprehensible, unconscionable" at a July 11 congressional hearing, has helped 100 constituents with passport problems.

"The passport situation is a top priority at the State Department."

MAURA HARTY, STATE DEPARTMENT

→ You can pay a private expediter. About 200 private companies are authorized by the State Department to obtain passports on behalf of others, according to Robert Smith, director of the National Association of Passport and Visa Services.

The State Department has hired extra staff and ordered diplomats home with a goal of "reducing passport turnaround time to normal levels by the end of the year," Harty said. "The passport situation is a top priority at the State Department, and we are devoting resources and personnel to getting back on track."

BETH J. HARPAZ (AP)

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Have you: • Been physically or sexually assaulted? • Had a serious accident? • Felt your life was in danger?

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An Easy Line to Cross

Foreign Relations

Haskell Free Library and Opera House sits in U.S. and Canada

Built as a symbol of friendship between two nations, the Haskell Free Library and Opera House has roots that run deep — in Canada and the United States.

The majestic 103-year-old building houses a 20,000-volume library that has served generations of locals, and a rococo theater upstairs that has its own resident theater company. It's so intimate that performers don't need microphones to be heard by the audience.

But the Haskell's most distinctive feature is a skinny black line that runs along a hardwood floor in the Kenneth Baldwin International Reading room.

It signifies the international border, and it has taken on added significance this year as border officials contemplate a crackdown on



A black line on the floor marks the U.S.-Canada border in the Haskell Free Library.

three ungarded streets linking Derby Line, Vt., and Stanstead, Quebec. What many here fear is that border authorities will close

the book on an unspoken agreement under which locals can come and go from the library without reporting to customs.

“They’re intrigued by that black line. [Visitors] like to step back and forth over it. The little kids like to straddle it.”

MARY ROY, HEAD LIBRARIAN

The development marks the latest chapter for a building whose divided loyalties have always been a point of pride, from the bilingual signage and staff to the stacks of books (some in French, some in English) and the dual addresses it maintains — 1 Church St. in Stanstead, 93 Caswell Ave. in Derby Line.

The three-story stone-and-brick building, a smaller version of the former Boston Opera House, was built by Martha Stewart Haskell, the wealthy granddaughter of one of Derby's founding families.

“Her intent was that the building would serve the community she

grew up knowing,” said Nancy Rumery, an assistant librarian. “She was born on the Canadian side, married in America and lived her adult life on the American side, but had business interests on both sides.”

Purposely erected along the international border, the Haskell's split residency is both a boon and a bane.

The border line delights visitors who enter in the U.S., cross into Canada when they approach the front desk and end up back in the U.S. when they go to the restroom. People pose for pictures on it and ask the library staff if they need passports to cross it.

“They’re intrigued by that black line,” said head librarian Mary Roy. “They like to step back and forth over it. The little kids like to straddle it.”

As a practical matter, running a building that is in two countries at once can be a problem.

“It's difficult when you have to do any kind of a maintenance project,” said Keith Beadle, president of the library's board of trustees.

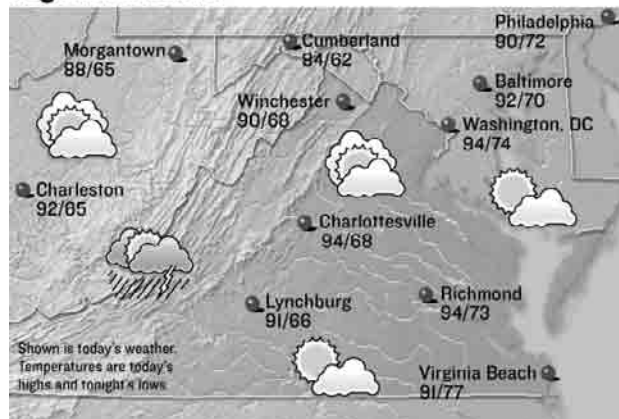
“We had to put in a sprinkler system and an elevator a few years ago. We did that, but to do it legally, we had to hire companies from both sides of the border to do the plumbing and the electricity.”

JOHN CURRAN (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Hot, humid, partly sunny	Thunderstorm early, partly cloudy	Hot, humid, partly sunny	Afternoon thunderstorm possible	Cloudy, thunderstorm possible	Partly sunny, thunderstorm possible
94°	74°	95° / 76°	91° / 74°	86° / 69°	84° / 67°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2007

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature	
High	90°
Low	72°
Normal high	89°
Normal low	70°
Average humidity	53%

Precipitation

24 hours ending 4 p.m.	Trace
Month to date	1.27"
Normal month to date	1.87"
Year to date	16.44"
Last year to date	28.31"
Normal year to date	21.03"

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

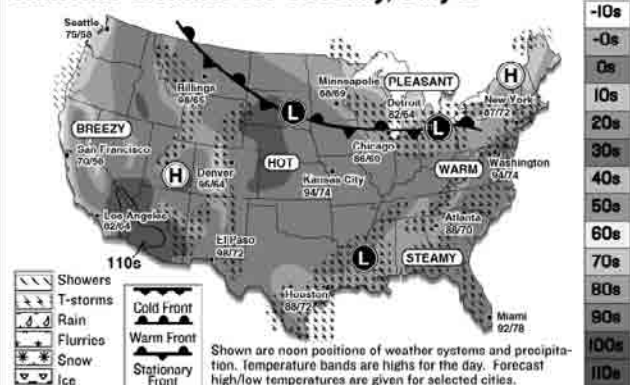
D.C. Metro: Today, partly sunny, hot, humid. High 94. Wind south to southwest 4-8 mph. Tonight, evening thunderstorm, partly cloudy. Low 74.

Sun and Moon

Sunrise today	5:56 a.m.
Sunset tonight	8:32 p.m.
Moonrise today	9:08 a.m.
Moonset today	10:34 p.m.



National Weather for Tuesday, July 17



National Cities

City	Today	Wed.
Atlanta	88/70/t	87/72/t
Boston	86/66/t	83/67/t
Chicago	86/69/t	85/68/t
Dallas	92/74/pc	92/75/pc
Denver	96/64/pc	96/64/pc
Honolulu	88/76/s	87/76/pc
Los Angeles	82/64/pc	81/64/pc
Miami	92/78/pc	89/79/pc
New York City	87/72/t	90/73/pc
Orlando	92/76/t	92/75/t
Seattle	75/58/c	75/58/t

World Cities

City	Today	Wed.
Amsterdam	70/57/t	70/57/t
Athens	93/75/s	91/77/s
Berlin	82/63/pc	77/57/pc
Buenos Aires	55/45/c	57/49/pc
Calgary	84/56/pc	82/58/pc
Dublin	66/54/sh	66/52/t
Geneva	79/61/t	81/61/t
Moscow	81/59/pc	82/59/pc
Rome	91/68/s	93/68/s
Sydney	61/41/s	57/45/s
Tokyo	76/72/sh	82/73/c

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles | LOOK^{*}out



MANE EVENT: Corbin Bleu, left, and Zac Efron from "High School Musical;" Dylan and Cole Sprouse from "Zack and Cody," below.

Hair Apparent

Preteen boys love 'dos that don't require a lot of cutting

Here they come — the next generation of mop tops.

In the 1960s, boys embraced longer, shaggier hair in the spirit of the Beatles. Today's kids are taking their cues from the stars of live-action shows on the Disney Channel, Nickelodeon and the like.

"We're definitely seeing trends moving toward the moppish look. I've also heard it called the blowout. It started on the West Coast and seems to be making its way east," reports Julie Vargas, who oversees stylist training at Sport Clips, a 400-plus franchise hair salon that targets men and boys.

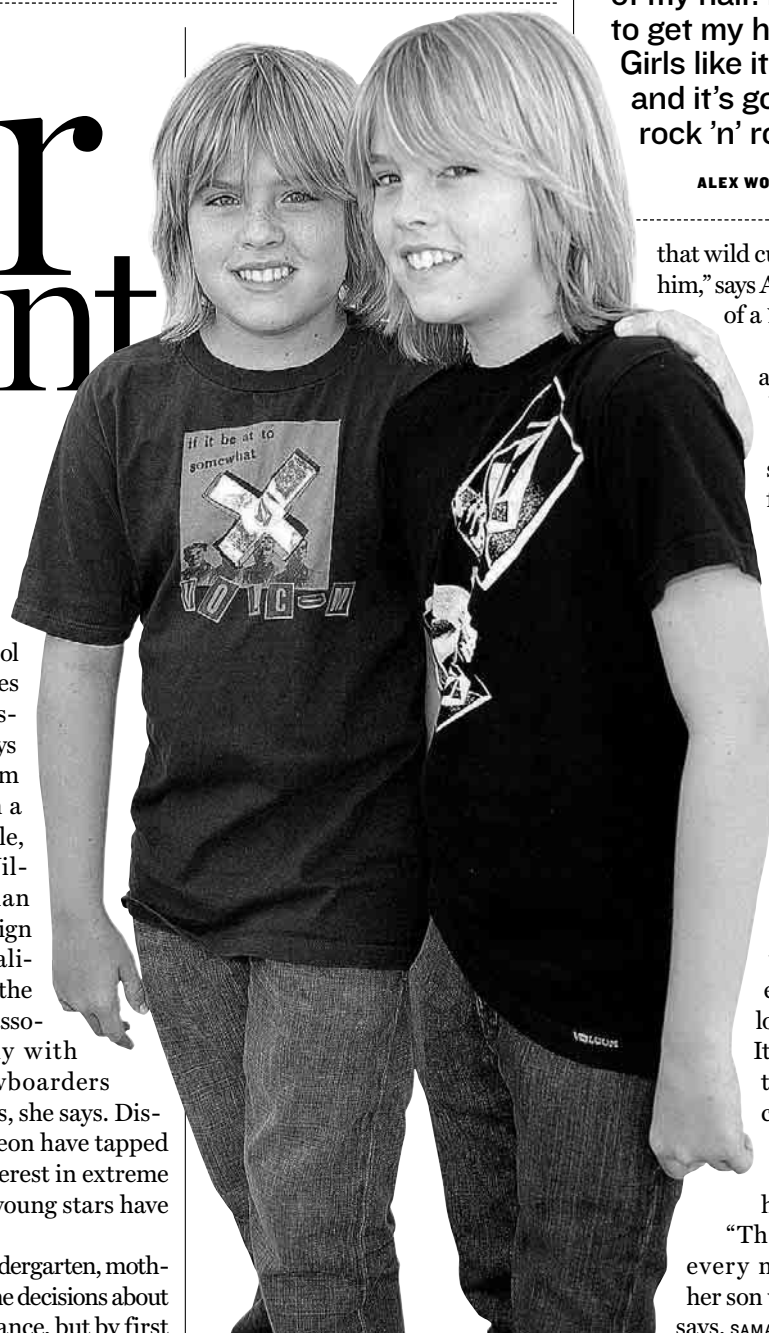
In 1993, when the first Sport Clips opened in Georgetown, Texas, the hair icons were Michael Jordan, with his shaved head, and wacky Dennis Rodman, often with tight blond curls, Vargas says.

"There's no one who is a front-runner to be the icon" now, Vargas

says.

That has left room for high school and college athletes to make an impression on younger boys — and many of them wear their hair in a longer, fringe style, observes Amy Williams, chairwoman of the fashion design and merchandising department at California College of the Arts. The style is associated especially with swimmers, snowboarders and skateboarders, she says. Disney and Nickelodeon have tapped into children's interest in extreme sports, and their young stars have that look.

Up through kindergarten, mothers make most of the decisions about their sons' appearance, but by first



grade, boys are paying attention to what other kids think is cool, says Holly Alford, an assistant professor in Virginia Commonwealth University's fashion design and merchandising department. It's around the fifth grade that they adapt styles they think girls like, she adds, and fifth-grade girls these days like brothers Dylan and Cole Sprouse on "Zack and Cody," the Wolff brothers, and Zac Efron and Corbin Bleu from "High School Musical."

"I've got a couple of my son's friends who are interracial like Corbin, and they're trying to grow

"I never take care of my hair. I don't like to get my hair cut. Girls like it long — and it's good for a rock 'n' roll career."

ALEX WOLFF, PRETEEN IDOL

that wild curly hair look like him," says Alford, the mother of a 10-year-old.

The mohawk also is enjoying a bit of a comeback, especially a version known as the faux-hawk, which leaves a little hair on the rest of the head in addition to the center spike.

And to the delight of mothers everywhere, there is still a place for what Vargas calls the classic "GQ or J.Crew cut," which has shorter sides and a little longer on the top. It can be parted or tousled, the front can be pulled up a bit, or you can push some of the hair forward.

"That's the haircut every mom dreams of her son wearing," Vargas says. SAMANTHA CRITCHELL (AP)

Beauty



Lackluster Lotion

We're recycling, fair-trading, hemp-wearing neo-hippies. So, **RAINWATER ORGANICS** (\$7, Whole Foods)—a line of USDA certified organic lotion containing no petrochemicals, parabens, or phthalates—sounded great. The Orange Zest Mint, Citrus Ginger and Bergamot Patchouli are like a romp through the spice cabinet—sweet and down-to-earth. But the Lemongrass Spice smells like citronella, and where moisturizing is concerned, all the lotions fail, spreading on as sticky and runny as cage-free egg whites.

JEN BEASLEY (EXPRESS)

Beauty



Lickably Delicious

The best part of Jelly Bellies is when you play the mixing game, combining flavors with tasty results. Unless you confuse a popcorn with a lemon and end up with Butter Merengue Pie. But **DEMETER** has teamed up with Jelly Belly to make six new scents (\$20, demeterfragrance.com)—complete with bean-centric recipes on the bottle. We loved Wild Blackberry Peach Cobbler, which is warm and fruity, and the bakery-fresh Blueberry Muffin. Sugar and Spice is a fresh, tingly treat, but Hot Fudge Sundae, Mango Pineapple Salsa and Fruit Salad are all misses.

KRISTEN PAGE-KIRBY (EXPRESS)

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site specifics



EYE-OPENERS

Does It Blend?

Apple's new iPhone has loads of fancy functions: It stores songs, allows you to surf the Web and inspires jealousy among friends. But what happens when it meets the business end of a blender? Find out in the video at the bottom right of our homepage. **ONLINE NOW**

MUSIC

Deep Cover

The Detroit Cobras are a cover band, but don't expect to hear "Don't Stop Believin'" when the soulful garage rockers play at the Black Cat on Wednesday. Express contributor Aaron Leitko talks to bandleader Rachel Nangy about her obscure and dark song selections. | **COMING UP**



GETTING AHEAD

Future Heads of State

As long as there have been presidents there have been Americans fascinated with presidents' lives, education and ambitions. Express' Jennifer Barger takes a look at a National Archives photo exhibit that shows what the leaders-to-be were like in their schoolboy days. | **ONLINE NOW**

comment board

“The air conditioning is dismal. The four-car trains during peak [rush] hour are a travesty. The number of elevators that are out of service [increases] almost daily. WMATA, get your equipment and services straightened out before changing the items that [already] work.”

COMMENTER GTPJMU, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "SHOULD METRO BE SPENDING MONEY TO UPGRADE FARE MACHINES?"



“If Metro is going to spend money upgrading anything, let it be the speakers inside the stations. They could be announcing a five-hour delay or a five-alarm fire and all we'd hear is a bad imitation of Charlie Brown's teacher.”

COMMENTER RICK NERWIN, WHO ADDED "I SPEAK THREE LANGUAGES AND I STILL CAN'T UNDERSTAND A WORD THEY TELL US."

poll center

TODAY'S QUESTION

Would you stand in line for the last "Harry Potter" book?

1. Yes
2. No

YESTERDAY'S RESULTS

Should Metro be spending money to upgrade fare machines?

AS OF 5 P.M. MONDAY. NOT A SCIENTIFIC POLL.

NO
60%

YES
40%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://readexpress.com/pollcenter.php)

Blog LOG

“D.C.’s ban on handguns is so strict, you cannot merely carry an assembled, unloaded firearm between rooms of your own home.”

DC.METBLOGS.COM DOES NOT UNDERSTAND THE HIGHLY STRINGENT LAWS THE DISTRICT HAS AGAINST GUN POSSESSION, WHICH WERE PUT IN PLACE IN 1976.



ALEX BRANDON/AP

“I KNOW I'M SUPPOSED to nurture and support these little thugs, and, trust me, I nurture and support the bejesus out of them. But they also have to learn that there are rules — rules you have to play by and enforce, whether you like it or not.”

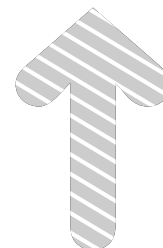
THROWINGHAMMERS.BLOGSPOT.COM HAS HAD ENOUGH OF THE DUBIOUS RULES TAUGHT TO CHILDREN PLAYING T-BALL.

“I DON'T KNOW whether this 'drinking in moderation' thing of mine is a long overdue lifestyle change or merely a new way for me to feel superior to others.”

VIVIDBLURRY.COM LIKES BEING ONE OF THE FEW COHERENT PEOPLE WALKING ON U STREET LATE AT NIGHT ON A SATURDAY.

“You don't need to call child protective services; just wave a bag of Cheetos in front of her face.”

THESUPERFICIAL.COM SAYS IT DOESN'T TAKE MUCH TO MAKE BRITNEY SPEARS LOOK LIKE A BAD MOTHER. BUT KEVIN FEDERLINE REPORTEDLY CALLED CHILD PROTECTIVE SERVICES ON SPEARS FOR NOT HAVING SAFETY GATES INSTALLED AT HER POOL.



“AS OUR TOUR GUIDE phrased it, 'How can any human being who owns other human beings be 'good'?'”

SCOTTSTAKE.BLOGSPOT.COM IS BEFUDLED AS TO WHY SO MANY TOURISTS, MOST OF WHOM ARE WHITE, FREQUENTLY ASK THE QUESTION “WAS HE A GOOD MASTER?” ABOUT THOMAS JEFFERSON WHEN VISITING MONTICELLO.

Discussions

The Face of Poker

Syndicated columnist and ESPN poker commentator **NORMAN CHAD**, was online Monday to discuss the World Series of Poker finals and his latest columns.

Do you have comedy writers who suggest or write your lines? Is your witty repartee spontaneous, partly spontaneous or completely written in advance?

I do not have comedy writers; however, I was raised outdoors, which is conducive to thinking unusual thoughts about poker in particu-

lar and life in general. The repartee is partly spontaneous and partly thought-out while watching “Nick at Nite.”

What has driven the poker boom most: player personalities, announcer quality or technology?

The poker room is two parts TV technology, hole-card cams and three parts Internet technology (everybody plays online).

Have poker tour pros gotten used to playing complete unknowns who qualify through satellites and online, or are they still as grouchy as ever when some amateur takes them out on a lucky river card?

Poker pros are grouchy when they

wake up, they are grouchy when they shower and they are grouchy when they go to sleep. So, you can imagine how grouchy they are when a retired podiatrist takes them out on the river.

Is there really such a thing as fantasy poker? If so, please tell me how I can slit my wrist with a jack of diamonds.

Fantasy poker is playing cards in a Ben & Jerry's that is open 24 hours and serves ice cream buffet-style for one set price.

TODAY ON DISCUSSIONS: Washington Post music critic J. Freedom du Lac is online every Tuesday at 2 p.m. to talk about the latest in music | washingtonpost.com/discussions.

DON'T

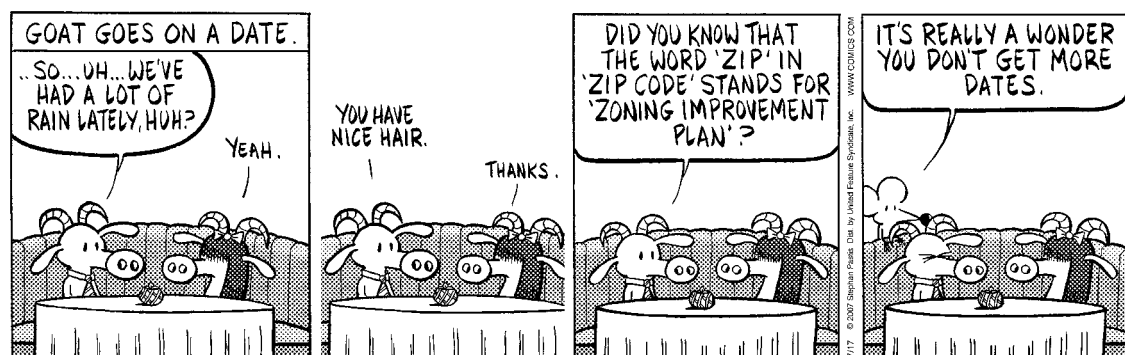
CALL 911 IF THE POLICE ARE SURROUNDING YOU. A Largo, Fla., man was arrested after he decided to call the emergency hotline to tell them he was scared and needed help. The police had shown up to the bar the man was at to investigate a previous incident.

Bizarro | Dan Piraro

Cornered | Mike Baldwin


Once caught, killer bees quickly adapt — learning how to beat the system.

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

CANCER (June 21-July 22) Though it is in your nature to avoid rudeness in all situations, this may present quite a challenge. Say your piece, but avoid anger.

LEO (July 23-Aug. 22) Be careful what you say to people; misunderstanding can lead to trouble — and you may not even be aware of it until it is too late.

VIRGO (Aug. 23-Sept. 22) You may feel like jumping into something new with reckless abandon. It would be best to weigh options and make a careful choice.

LIBRA (Sept. 23-Oct. 22) You are quite able to respect authority without feeling threatened, and this can pay off handsomely for you — and will be noted.

SCORPIO (Oct. 23-Nov. 21) Keep repeating your mantra, no matter what. Despite the obstacles standing in your way, you can rely on certain basic realities, no matter what.

SAGITTARIUS (Nov. 22-Dec. 21) You have a great desire to see the world through rose-colored glasses at this

time. However, you may get a healthy dose of reality.

CAPRICORN (Dec. 22-Jan. 19) Be careful not to let your instincts for self-sufficiency hurt someone else's feelings. He or she is trying to do something nice for you.

AQUARIUS (Jan. 20-Feb. 18) Once your mind is set on something, nothing in the world can make you budge. Try, however, to give a little; it's in your best interest.

PISCES (Feb. 19-March 20) Make sure you get enough sleep. It will be impossible for you to accomplish all you have to do without the proper rest.

ARIES (March 21-April 19) You may have a tendency to be crabby and unreasonable with those around you. Remember, it is nothing but a mood swing; it will pass.

TAURUS (April 20-May 20) Be careful not to lecture others too much. You may find you can get much further with fewer, more carefully chosen words.

GEMINI (May 21-June 20) Someone needs your help with something work related. Roll up your sleeves and dive right in; you surely have a lot to offer.

Letters

Guns Not Root of Violence

I THOUGHT SEN. BARACK Obama wanted to break out of the old arguments. So, why is he spouting the same tired rhetoric of violence will disappear once gun control is firmed up ("Hearsay," July 16)? He is right that "violence is unacceptable," but this "epidemic" will not go away with a

ban on guns. Before guns, there was violence. Violent acts can be committed with knives, baseball bats and even one's hands. Let's answer one old argument with another: "Guns don't kill people. People kill people."

— GARY UZONYI
Washington, D.C.

Correction:

A caption in Monday's Today in History incorrectly identified John F. Kennedy Jr.'s sister, Caroline, as his wife, Carolyn.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1821 Spain cedes Florida to the United States.

1918 Russia's Czar Nicholas II and his family are executed by the Bolsheviks.

1955 Disneyland debuts in Anaheim, Calif.

1967 Jazz composer-musician John Coltrane dies in Huntington, N.Y., at age 40.

1996 TWA Flight 800, a Paris-bound Boeing 747, explodes and crashes off Long



Walt Disney opens Disneyland in 1955.

Island, N.Y., shortly after leaving John F. Kennedy International Airport, killing all 230 people aboard.

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LOOK out

People



MARK J. TERRILL/AP

He may be tiny, but his CD stash is big.

GENEROSITY

Next, He'll Put 'Purple Rain' DVDs in Our Cereal Boxes

On Sunday, rock star **PRINCE** gave away copies of his latest album with copies of the British tabloid the Mail, infuriating music retailers. The Minneapolis musician, known for dust-ups with the industry powers that be, also plans on giving away copies of "Planet Earth" at a series of London concerts. (EXPRESS)

BORN AGAIN

Amazing Guest-Star Man, Able to Jump to New Shows

ISAIAH WASHINGTON, bouncing back from his "Grey's Anatomy" firing with a role on a new NBC drama and prospects for his own series, said he's grateful for a second chance. "I'm humbled by this opportunity," Washington told



The Associated Press shortly before NBC announced he would be joining its new series "Bionic Woman" for a five-episode arc. Washington and NBC Universal Studios also are developing an action series. (AP)



JULIE JACOBSON/AP

THE BIGGEST LOSER

Ego Not Shrinking

STAR JONES REYNOLDS says she will address speculation about her dramatic weight loss in a story for Glamour magazine. "I wrote an article because I really wanted to go as in depth as possible about the way I've changed physically over the last 10 years on the air," Reynolds, 45, said recently while promoting her new Court TV talk show. "I was killing myself." (AP)

FRAGILITY

Next Time, She'll Bring That Bootylicious Water Bottle

Performing on a sweltering stage in Lagos, Nigeria, Grammy-winning Destiny's Child alumna **KELLY ROWLAND** fainted during the This ay Music Festival on Sunday. She was taken to a hospital, where she was

treated for dehydration, and has been released in good condition.

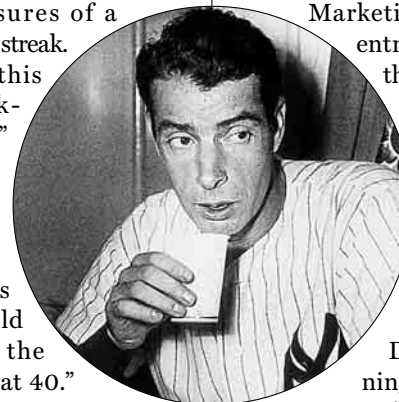


The singer was there sharing a bill with Shakira, UB40 and others promoting her album, "Ms. Kelly." (EXPRESS)

ARCHIVAL FOOTAGE

Where Have You Gone on And on, Joe DiMaggio?

Ah, the pressures of a 56-game hitting streak. "If I thought this would be taking place," **JOE DIMAGGIO** laments in a diary entry about the public relations frenzy, "I would have stopped the hitting streak at 40." The 1991 confession is part of a 2,000-page, 29-volume collection of the New York Yankees icon's



diaries, meticulously handwritten between 1982 and 1993, now being offered for sale by Steiner Sports Marketing. Some of the entries indicate that the grind had been getting to Joltin' Joe for years. In 1989, DiMaggio wrote that a flurry of autograph signing on "Old Timers Day" was "beginning to be too much stress." Noted another entry: "Plane food should be fed to pigs." (AP)

ACCESSORIZING

Really, It's From Gucci and Paris Has One Just Like It

LINDSAY LOHAN left Promises Malibu Alcohol and Drug Rehab Treatment Facility on Friday. She will voluntarily wear an alcohol-detecting ankle bracelet as part of an intensive outpatient program. On Saturday, Lohan was seen partying at Pure Nightclub in Las Vegas with several friends. "She is wearing the bracelet, so there are no questions about her sobriety if she chooses to go dancing or dining in a place where alcohol is served," said her publicist. Lohan checked into the facility after a wild weekend during which she crashed her Mercedes Benz into a curb, on suspicion of driving under the influence, and was photographed slumped in the seat of a friend's car. (AP)



EVAN AGOSTINI/GETTY

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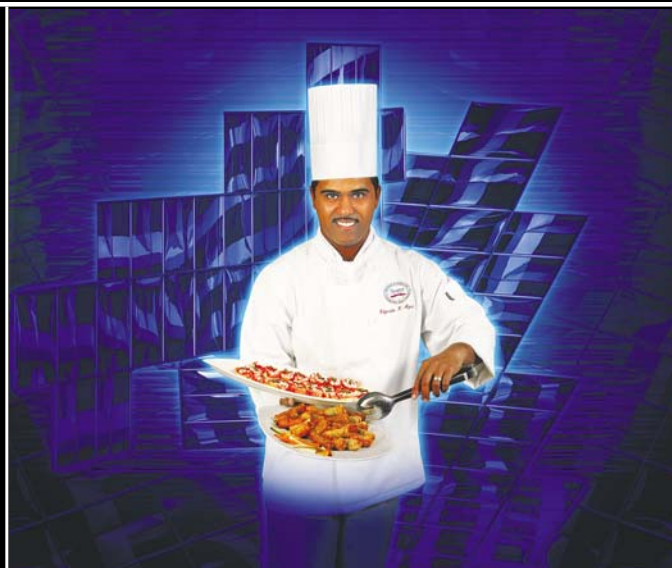
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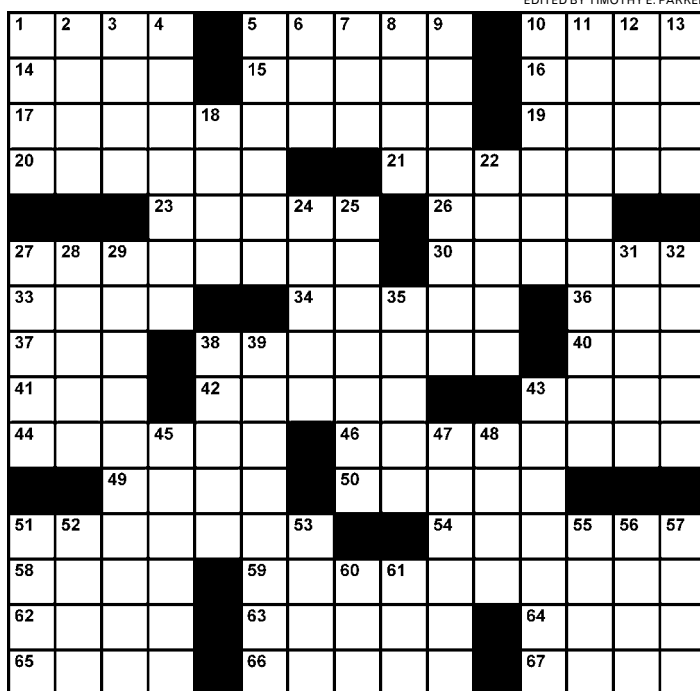
- 1 Anderson and Grier
5 Associate with Egyptian symbols of royalty
14 Oscar-nominated Peter Fonda role
15 Pyromaniac's crime
16 Nickname for a baseball manager
17 Potentially explosive situations
19 Tricyclist, typically
20 Starbucks phrase
21 With "The," Jodie Foster film
23 "My Three Sons" dog
26 Campus org. for Colin Powell
27 One responsible for keeping wackos off the air
30 He's known for shouting "Bam!"
33 Nickname of baseball's \$252 million man
34 Part of an LP
36 "The Phantom Menace" boy
37 "The Defense of Fort McHenry" author
38 Annual foursome
40 "Don't be fuelish," for one
41 Classic TV mom Morgenstern
42 "The Goodbye Girl" girl
43 Bach's "____, Joy of Man's Desiring"
44 It connects circuits to a circuit board
46 Takes under one's wing
49 Dirt used on a new homesite
50 Brownstone

feature

- 51 "Anna Karenina" author
54 Type of salon for him and her
58 Styptic substance
59 First job, for many teenagers
62 Mona that just hangs around
63 Demagnetize, as a tape
64 "First Lady of Song" Fitzgerald
65 German leader Helmut
66 Harp and elephant
67 Promising, as one's future

DOWN

- 1 Cocoon inhabitant
2 Matty, Felipe, Jesus or Moises
3 Whimper like a baby
4 Under, in the OR
5 Kilt pattern
6 Raise one's hackles
7 Legal conclusion?
8 Garment for Gaius
9 Kind of personality
10 Shrewd or savvy
11 It offers many stories
12 Peak sighter Zebulon
13 Did 90 or 100, e.g.
18 Ireland, in Ireland
22 Sean John, P.
Diddy, or just plain Diddy
24 Southwestern flattops
25 Places found up the river?
27 Small, arboreal, bushy-tailed monkeys
28 System of



EDITED BY TIMOTHY E. PARKER

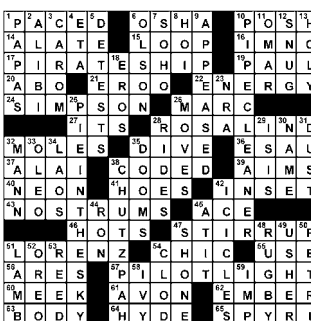
principles

- 29 Poker player's dream
31 "Ocupado"
32 The thumb-sucking Van Pelt
35 Stereotypical snack for cops, informally
38 Refine, as ore
39 Where studs hang
43 The largest of a heavenly eight
45 Bleak and cheerless
47 Wakes
48 "Breathe Again"

singer Braxton

- 51 Radio format
52 Salmagundi, e.g.
53 Easily maneuvered, as a yacht
55 Capital of Manche
56 Sniggers' wrigglers
57 It can show you the breaks
60 Rambouillet cry
61 Fashionable initials

Yesterday's Solution



© PUZZLES BY PAPPOCOM

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

Yesterday's Solution

4	6	7	8	3	1	9	2	5
9	3	2	7	4	5	6	8	1
1	5	8	9	6	2	3	7	4
6	4	1	2	7	9	5	3	8
8	2	5	4	1	3	7	9	6
3	7	9	6	5	8	4	1	2
5	9	6	1	8	7	2	4	3
2	8	4	3	9	6	1	5	7
7	1	3	5	2	4	8	6	9

8		5				6		
				3	7	9		
			8	4		2		
	1		9		4		3	
4						1		
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5	2	6						
	4				9		7	

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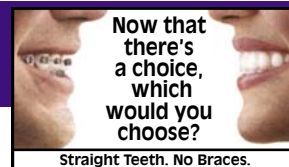
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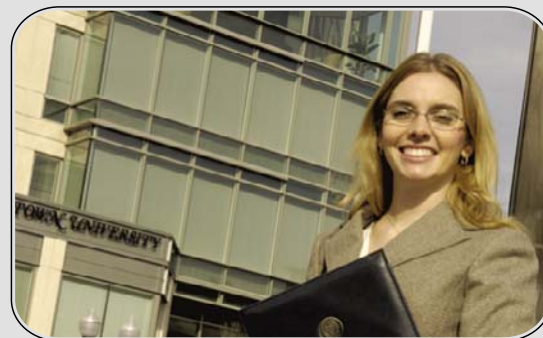


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It's Just a Little Crush (That Won't Vanish)

Q I have had feelings for more than 10 years for my middle school teacher. I am now married with kids, but periodically I have dreams about him — we only get to kiss. I never told him about my feelings and we don't even keep in touch, but I feel like I am cheating on my husband with my dreams. — BOTHERED



ERIC REECE

An occasional dream or a monthly "Mr. Ridgely used to wear that!" probably don't mean much. The key question is whether it's getting in the way of your feelings for your husband. Feeling like you're cheating (even though a dream is nothing of the sort) lets me know that this is affecting you pretty deeply. It also

means it's time to figure out what may be missing from your relationship that makes the fantasy of Mr. Lunch Monitor so enticing. If there

are shortcomings that you can communicate with your husband about, that would be a great start. But you'll probably get a wider exploration of

what's really going on if you're willing to talk to a professional.

Q A good friend of mine recently committed suicide, and his suicide note scares me because the reasons detailed are eerily rational. Our friends are successful, young D.C. professionals who put their jobs before their own well-being. If I were to take time out to deal with mental health issues, my employers would likely frown upon my reduced productivity. The last time I had to deal with something related to this, I was laughed at by the HR director.

— A FRIEND IN MOURNING

My sincerest condolences. The emotional upheaval of the grief process is well-known, but what often goes ignored is the way it messes with the core of one's identity — who you thought you were and wanted to be. A suicide is agonizing, not only for the "what ifs" that loved ones can't

help pondering, but also the way it brings out doubts about our lives. If you find yourself having thoughts that feel suicidal, don't hesitate to call 1-800-SUICIDE. What I'm getting from you, however, is a more general malaise about your lifestyle. You wouldn't necessarily have to take time off in order to improve your mental health; it's amazing what weekly therapy sessions can do. To balk at getting stress relief because you're scared of jeopardizing the thing that stresses you is as circular as a yo-yo. I won't pretend that these work-life balance and identity issues are easily "fixed" with treatment — reassessing and recalibrating will probably continue throughout your life, as they should. But for now, a great start would be to get in touch with a therapist. No need to go through your evil HR. Check out Apahealthcenter.org for assistance in starting the search.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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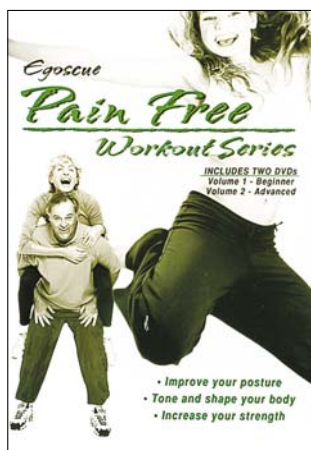
Go Nuts for Doughnuts

SIMPSON'S HYPE has made doughnut images inescapable, but you don't need to give into a Homer-esque bod by indulging — at least, if we can believe the folks from Chefs Diet. They have created a line of doughnuts that have no trans fats and pack about 3 grams of fat per circular delight, instead of the 12 grams or more you could expect from a Krispy Kreme (calorie counts in the 200 to 400 range are reasonable, too). They're very pricey (\$50 for two dozen, plus \$25 for shipping, at chefsdiet.com/chefsshoppe.aspx), but they're insanely delicious, with rich fillings and glazes surrounded by a base that's more scone-y than Dunkin'-y.

NEW
IN HEALTH
**warm
ups**

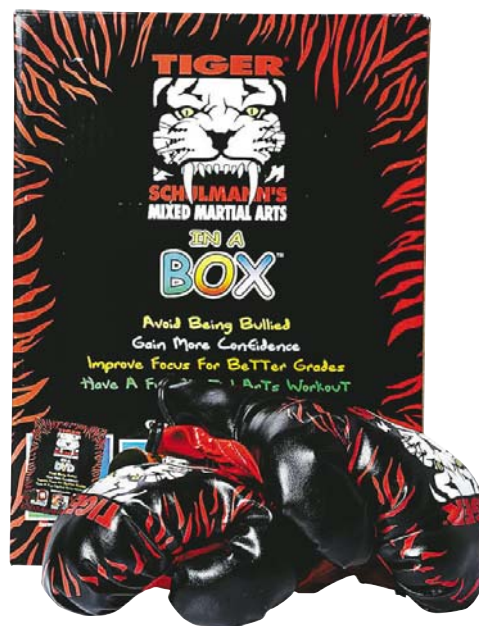
Turn Your Ow Into Wow

IF "OUCH" IS the first thing that comes to mind when you think of exercising, here's an idea: Egoscue's "Pain Free Workout Series" (\$30). The double DVD set offers a beginner and advanced routine based on the Egoscue Method, which stresses posture, stretching and gentle exercising. It's a bit like yoga — some of the moves, like cat-cow pose, are yoga — and it involves holding positions (especially spinal twists) and doing moves slowly instead of jumping around. The instruction is clear and upbeat, yet not perky.



Drinking the Body Shots

WOO WOOS are not a part of a balanced diet, but Promise activ SuperShots (\$4, grocery stores) are mini slamers filled with yogurt, fruit and loads of plant sterols, which are thought to remove cholesterol. They're certainly cute and tasty (like shrunken smoothies), and not a half bad way to celebrate when you're chilling at a health bar.



Beatdown in a Box

SUMMER SCHOOL DOESN'T have to be about pencils and books. Crack open Tiger Schulmann's Mixed Martial Arts in a Box (\$80, mmainabox.com), and your offspring can slip on gloves to learn how to ace a key test: standing up to bullies. The kit also includes an instructional DVD (with music that drove our 7-year-old tester wild but got on her mom's nerves) and punching pads and shield, so no wee ones need to get hurt. Parents should supervise, though, lest the kids get the idea that beating up all of their pals is a good move.

PRODUCTS

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Get Set for Wet

DRAPING ANY WET TOWEL around one's neck creates a cooling effect, but the brains behind Sammy Cool 'N Dry Towels (\$15, in three colors, sportshammy.com) rave that using a PVA sponge material that's extra-absorbant makes the experience more comfortable because it breathes rather than insulates. So, our tester moistened one and covered her neck for a mid-afternoon stroll just as the thermometer passed the 90-degree mark. With the exception of some dampness where the towel lay (which was, embarrassingly, over the chest), it didn't drip. A few dabs of the lightweight cloth kept her brow from glistening with sweat. And although the cloth certainly didn't look cool, her temperature stayed low. Just don't let it dry out on you when you're not in a position to drench it in water — when it dries, it turns hard like cardboard, which is a pain to fold up and carry anywhere. VICKY HALLETT (EXPRESS)

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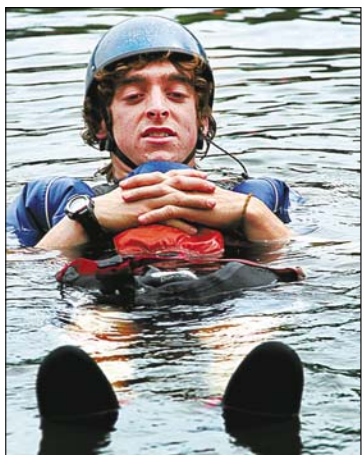
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Adam Johnson, 20, legally takes a dip in the Potomac — in Maryland.

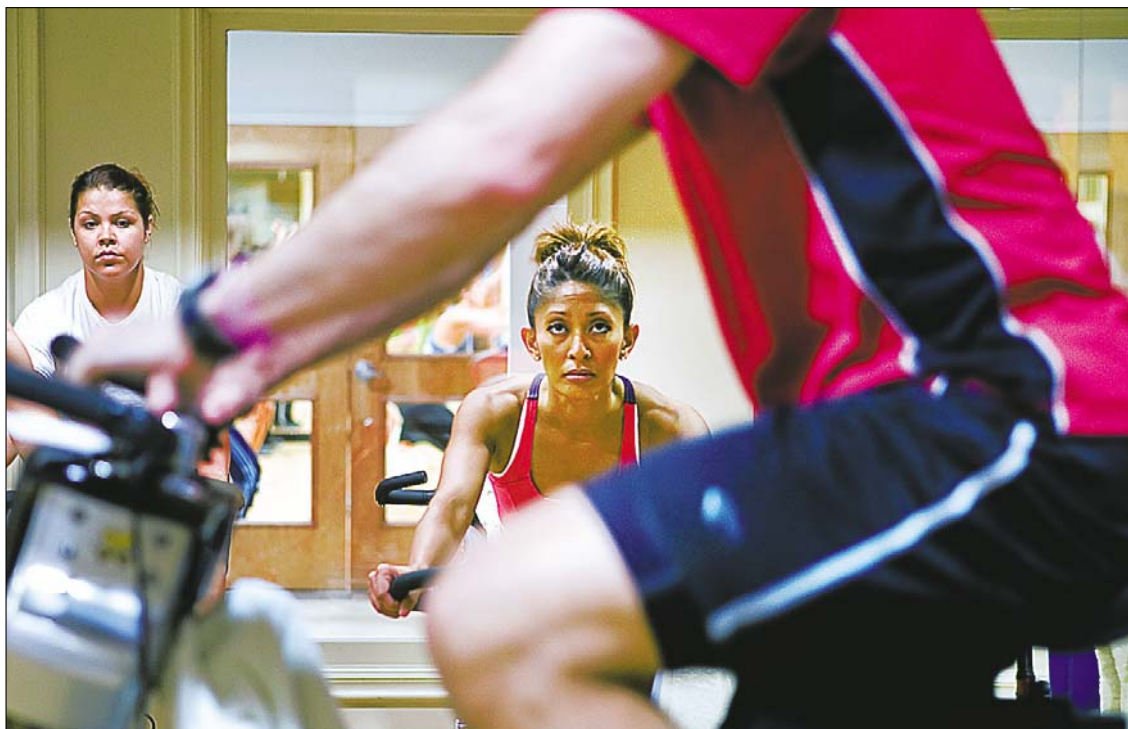
The Potomac: Sick or Swim?

■ The sixth president of the United States, John Quincy Adams, adored taking early morning skinny-dips in the Potomac River. But if he attempted to do it today, his naked heinie would be hauled away to jail, because swimming in our city's beloved body of water has been illegal since 1971 — and deemed generally icky for at least 100 years.

Don't let the track record scare you, though, says Charles Brodsky, founder of the Nation's Triathlon (thenationstriathlon.com). By monitoring the river's water quality for the past 20 months, his group and the city have determined it's not dangerous to splash around in the Potomac unless it's directly after a rain or snowstorm. "That causes sewage overflow runoff, and duck poop and geese poop go into the river," he explains. That means would-be freestylers could face a threat of illness (i.e. diarrhea), along with the ravages of swifter-than-normal currents.

So, the city council announced last week that they'll lift the ban for athletes competing in the swim-ride-run on Sept. 29, as long as Mother Nature cooperates by keeping the place dry for a few days. If all goes according to plan, it'll be the first time in decades that anyone's legally leaped in (at least in D.C. — unaware swimmers often dive in across the border in Maryland), so Brodsky's expecting spectators by the thousands. (If the water is deemed dangerous, they'll just run more instead.)

But no one in the crowd should get any big ideas. The water quality is so variable, says Brodsky, that it's unlikely that the council would reverse the law for the general public. Although perhaps they'd rethink that position if the president decided he really wanted to go skinny-dipping. VICKY HALLETT (EXPRESS)



TWO-FOR-ONE WHEEL: In Kelly Richardson's X-Bike classes at the Energy Club, riders pump their pedals and their biceps.

Take a Wild Ride

Intense X-Bikes amp up indoor cycling classes

With their hefty handlebars and gleaming orange frames, the stationary cycles filling an exercise room at Arlington's Energy Club look like napping mountain bikes.

But there's nothing sleepy about these wheeled wonders: They're X-Bikes, stationary cycles with weighted handlebars and free-wheel gears. An hour-long class on one not only tones your upper and lower body, but it could also burn up to 1,000 calories.

Invented in the U.K. and introduced to U.S. gyms in 2004, the bikes give a head-to-toe workout

on par with swimming or cross-country skiing. "It's intense and full of short bursts of activity," says Alexandria's Carole O'Connor, 39, who has been taking X-Bike classes at Energy since February. "It's good exercise with no cheating."

That's because, unlike with Spinning, that other indoor cycling craze, on an X-Bike, the front wheel stops turning when your feet do, making it a bigger challenge to keep the thing going. "You've got to be more in control of the bike," says Kelly Richardson, 33, who teaches X-Bike classes at Energy Club two nights a week.

Though the fixed-gear front wheel on a Spin bike will keep rotating after a rider stops pedaling, the X-Bike's free wheel means it feels and works more like the Bianchis and Specializeds flashing by in the Tour de France. Cyclists keep tootsies stable and engaged via cages or, if they have bike shoes, clips.

Adding to the burn, the X-Bike boasts those devilish moveable, weighted handlebars. In both seated positions and simulated hill climbs, instructors have riders "carve" by moving their upper bodies from side to side against the bars' resistance, adjustable via a teeny lever.

By pedaling while moving their arms and keeping their torsos forward, X-Bikers firm up core muscles without hurting their backs.

"The handlebar motion feels natural," says Alexandria's Bob Salek, 31, who thinks he has significantly toned up since starting to X-Bike in January. "I've gone down two pants sizes, and my legs are much stronger."

At a recent class of Richardson's, a mash-up of Jackson Browne's "Running on Empty" and Kiss' "I Was Made for Loving You" blasted as riders warmed up. Richardson then took them through sprints at different levels of leg resistance, which they adjusted by clicking a dial on the bars. Pedaling felt like trekking through sand, not zipping along a road.

The beats of the music got slower, and Richardson had his peloton, er, students, crank their wheel resistance and pedal in standing positions, butts hovering over the seats to avoid spine strains.

In his West Virginia drawl, Richardson alternated between coaching first timers on technique and hollering at more experienced riders to "grind it out" — aka keep moving their legs against high-as-the-Eiffel Tower inclines. The toughest part of this Tour de Gym? Isolations, in which riders pedal while shifting between seated and standing positions, hands folded as if at prayer, the better to focus on abs and obliques.

These and other intense X-Bike drills produce dramatic results. "It tones everything from your ankles to your neck," says Richardson. "I lost my love handles." And while getting a six-pack and Lance Armstrong calves might not be as thrilling as wearing a yellow jersey and racing through the French alps, it comes close. JENNIFER BARGER (EXPRESS)

HAVE A GEAR ►► THE SCOOP ON THOSE SUPER CYCLES

Always a Bike to Work Day

■ When Britain's Michael Rice became disillusioned with trad stationary bicycles, he headed to the shed behind his house, where he tinkered around and came up with the prototype for what's today known as the X-Bike. Now in classes and in home gyms, riders pedal their feet while using their arms to shift the cycle's weighted handlebars from side to side. "Obviously, when you engage the upper and lower body like that, it really works your core," says Alec Dinner of Trixter North America, which manufactures and markets the mega-bikes in the U.S. "Do it three times a week — you'll ride your brains out and get fitter than if you worked out every day."

Wannabe indoor Greg LeMonds can test the mega-workout of the X-Bike at Shirlington's **ENERGY CLUB** (2900 S. QUINCY ST.; 703-824-0600; THEENERGYCLUB.COM),



where intro and advanced classes take place Saturday through Thursday (Kelly Richardson's uber-popular "rides" take off at 6:30 p.m. Monday and Wednesday.)

Gearheads can buy a home model of the souped-up cycle, the **X-BIKE 600** (\$1,195; www.trixter.net). A lighter version than those in gyms, the machine boasts seven adjustable levels of upper-body resistance and 32 levels of pedaling resistance — more than enough juice to make your den feel like a mountain. J.B.

Hits Keep Comin'

Kickboxing star siblings teach jabs and hooks

When your dad is Grandmaster William C.C. Chen, martial arts mastery is in your blood.

So, it's no surprise that Tiffany and Max Chen, his kids, have grown into champions — Tiffany has scored more than 40 gold medals in Tai Chi Chuan matches and was Inside Kung Fu magazine's 2004 competitor of the year, while Max has racked up plenty of golds of his own and is recognized as one of the nation's top full-contact Lei Tai San Shou competitors. The duo meshed their expertise to develop "The Kung Fu Kickboxing Workout" (\$15, acacialifestyle.com) to give others a taste of what they do.



How did you get into fighting?

MAX: I always had a slight fascination with it. I really enjoyed watching the fights so I started asking my dad about it. Every year, I got more serious. And now, I want to turn pro.

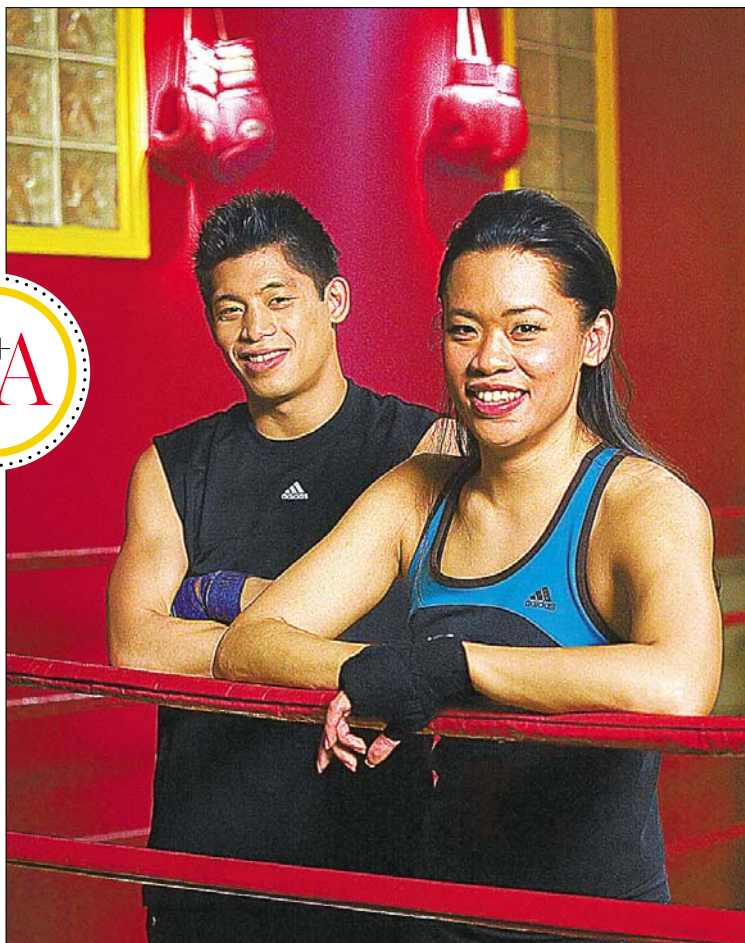
TIFFANY: I figure skated for a long time, and I started Tai Chi to help with that. Then there was sibling rivalry. I was getting jealous of all of the attention my brother was getting. It was my dad who really pushed me though. I got a call at the hairdresser that he'd signed me up for my full-contact competition. At first, I thought he was joking, but then I remembered that he doesn't joke.

Did you ever fight each other for practice?

TIFFANY: He takes it easy on me, but he's a big part of my training. The sparring is great because the energy and movement is different when you fight girls.

How much do you have to do to stay in shape?

MAX: I try to do eight workouts a week — three double days Monday, Tuesday and Wednesday, and two single workouts Thursday and Friday. I do more if I'm getting ready for a fight.



If you mess with this brother-sister duo, prepare to experience excruciating pain.

TIFFANY: I go along with his schedule. But when I'm not fighting, I'm good at taking it easy. It takes a lot of talking to yourself on the way to the gym to get there, but you only have a few minutes in the ring to show what you've got.

Are the workouts like what you do on the DVD?

TIFFANY: It's pretty close, but it's more miserable. Our other work is sparring, but for the DVD you don't need a training partner. This doesn't make you a kickboxer. You need a trainer to fight.

MAX: It is the first step in the right direction, though. It's a stepping stone to get in shape.

Is there a move you can't stand?

TIFFANY: I hate shooting in [low, quick shuffles toward an opponent]. But Max loves any form of torture. The more bizarre and mis-

erable it is, the better.

Some of the exercises seemed pretty unusual. Why is there all of that stuff for the neck?

TIFFANY: That's one of the most realistic fighting aspects. You have to think about what you're doing with your neck and head. If you don't learn how to strengthen your neck, then you'll be in trouble.

MAX: But don't worry about getting a thick neck from that, though.

Is this extra empowering for women?

TIFFANY: Being good at anything is empowering. I was attacked once on the street, and I was so happy I didn't freeze up. I remember thinking, "I would have just been another victim." Women need strong minds and strong bodies, and be comfortable knowing that you could handle yourself. VICKY HALLETT (EXPRESS)

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Take a Dose of Reality

Separating the bona fide from the bogus in alternative medicine

Unconventional medicine has gone mainstream: More than 62 percent of U.S. adults have tried some form of alternative therapy, according to the Centers for Disease Control and Prevention.

That doesn't mean they've experienced success, though. Here's how to make sure you don't fall prey to a fad.

Acupuncture

HOW IT WORKS: Practitioners insert needles along "meridians" — areas of your body linked to an ailing organ or tissue — increasing production of immune-system cells, pain-dulling endorphins and neurotransmitters that lower blood pressure.

WHEN IT'S A CURE: In a recent study, headache sufferers who were pricked

experienced 50 percent fewer tension headaches than those who were not. And men with lower-back pain felt a 19 percent reduction in symptoms after acupuncture.

WHEN IT'S A CROCK: Some practitioners tout acupuncture as a means to alleviate asthma, cure depression or help you quit smoking. Researchers disagree.

Chiropractic

HOW IT WORKS: Chiropractors claim that subluxations, or "dislocated bones" in the spine, irritate nerve endings, causing chronic pain. They apply a quick, controlled force (or adjustment) to realign the joint.

WHEN IT'S A CURE: Back-cracking may lower blood pressure. Men in a study who underwent eight weeks of treat-

ment experienced a 14-point drop in systolic blood pressure and an eight-point drop in diastolic pressure.

WHEN IT'S A CROCK: Researchers have discredited chiropractic as a cure for allergies and depression. And while it eases lower-back pain, less-costly physical therapy provided similar relief.

Meditation

HOW IT WORKS: This mind-body practice uses breathing and focusing techniques to create what researchers call the "relaxation response," which may reduce the activity of the autonomic nervous system.

WHEN IT'S A CURE: A recent study in the Archives of Internal Medicine found that people who practiced meditation experienced lower sys-



Acupuncture can reduce pain, but researchers say it doesn't cure depression.

tolic blood pressure, lower fasting blood glucose and more stable insulin levels.

WHEN IT'S A CROCK: It should not be promoted as a means for curing depression or anxiety, but may help you better cope with stress.

Hypnosis

HOW IT WORKS: A practitioner induces a trance-like state of relaxation, blocking out distractions and allowing you to focus intently on a single thought or suggestion — an ideal state for changing attitudes or behaviors.

WHEN IT'S A CURE: A landmark study revealed that hypnosis was as effective as morphine at relieving pain and that it may help control anxiety.

WHEN IT'S A CROCK: The power of suggestion won't help you quit smoking or lose weight, researchers say. "Go to a licensed and trained professional who's an M.D. or Ph.D. — not to a 'hypnotherapist,'" says David Spiegel, M.D., a professor of psychiatry at Stanford. (REPRINTED WITH PERMISSION OF MEN'S HEALTH MAGAZINE © RODALE INC.)

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Stop Being a Soda Jerk

How one pop-addicted family kicked its cola cans to the curb

"The rule at dinner was once you finished your glass of milk, you could have a cola," said Patti Moore, now 45, remembering her youth. "I detested milk and would dump it down the bathroom sink just so I could have my Coke."

Today, a single mother with four daughters (Jess, 20; Sara, 18; Sammi, 16; and Jade, 7) in Hamden, Conn., Moore has brought the tradition to her own table. Three of her daughters work in fast-food joints with easy access to soda, so she estimates that her family easily downs 2 liters of liquid sugar per day. "Even though none of us have any major weight issues, I know it's not healthy," she said.

She and the girls agreed to a bev-

erage makeover with Christopher Mohr, Ph.D., R.D., owner of Mohr Results, a nutrition and exercise consultation company in Louisville, Ky. He suggested the family wean themselves by sprucing up their beverages with these tricks.

Get Fizzy

Soda junkies don't just crave sugar. "Carbonation is a big part of the pleasure, too," he said. He advised mixing seltzer with a splash of 100 percent fruit juice or trying one of the new seltzer-juice combos with no added sugar, such as Izze Sparkling Pomegranate.

Recharge

You can't deny yourself, so go ahead and have caffeine, Mohr said. He



Brewing your own batch of iced tea lets you indulge your caffeine cravings.

recommended the family brew their own tea and add oranges and lemons for flavor, instead of sugar, or grab a bottle of Lipton Diet Tea.

Ice Up

When no other beverage will do, Mohr said they could go ahead and have a cola "treat," but fill the glass

to the brim with ice first, so there's less room for soda. Another option: Cut the soda with seltzer.

Keep Cool

Mohr advised that they store a pitcher of water in the fridge: "That way, water stays fresh and cool." Having slices of orange, lemon, lime or cucumber handy will give water a more appealing flavor for all.

Shake Things Up

"The girls should have at least 16 ounces of low-fat milk every day," Mohr said. To make it more enticing, he recommended they make flavored milk shakes in the blender by adding fruit and ice.

After seven days, Moore has made great strides. "I drink green tea like it's going out of style," Moore said. "I was mixing it with a splash of orange juice, but now I like it straight." Her usual midday hunger has vanished, and she feels more energetic. And, best of all, her kids are now following her lead. CATHY ALTER (REPRINTED WITH PERMISSION OF PREVENTION © RODALE INC.)

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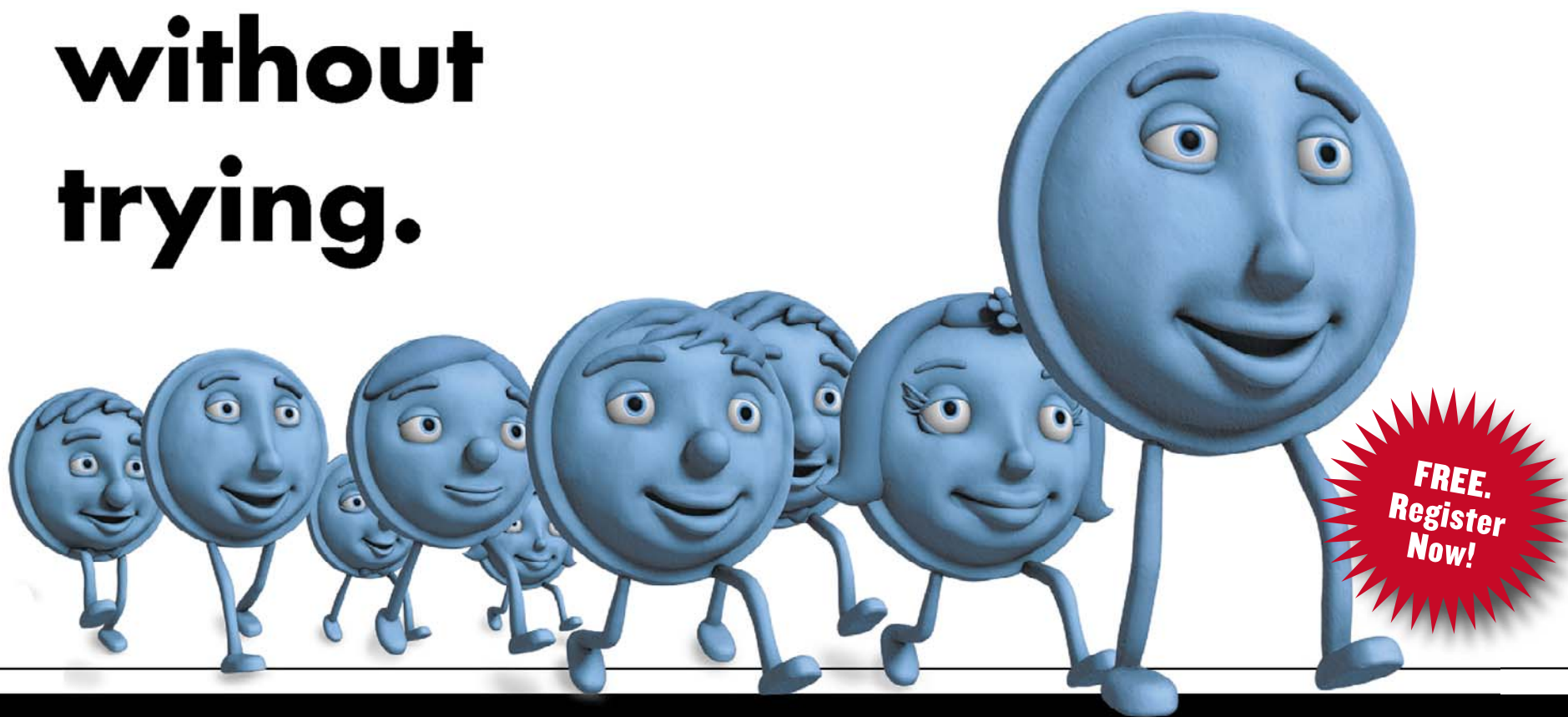
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